

### **FOOD SERVICE/ WELLNESS/ NUTRITION**

Any school lunch program shall make a nutritionally adequate lunch available to every student and shall operate on an economically feasible basis.

It shall be operated in strict compliance with all laws and regulations pertaining to health, sanitation and safety; internal accounting; employment practices; costs of lunches; and periodic reporting required by New Jersey law.

#### Wellness

The Old Tappan Board of Education recognizes that child and adolescent obesity has reached epidemic levels in the United States and that poor diet combined with the lack of physical activity negatively impacts on students' health, and their ability and motivation to learn. The Board is committed to:

- Providing students with healthy and nutritious foods;
- Encouraging the consumption of fresh fruits and vegetables, low fat milk and whole grains;
- Supporting healthy eating through nutrition education;
- Encouraging students to select and consume all components of a healthy meal;
- Providing students with the opportunity to engage in daily physical activity.

In order to promote and protect children's health, well-being, and ability to learn, the Board is committed to providing school environments that support healthy eating and physical activity and will ensure that all students will have opportunities, support, and encouragement to be physically active on a regular basis. Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans, and the USDA nutrition standards for National School Lunch, School Breakfast and/or After School Snack Programs. The District will regulate the types of food and beverage items offered outside the federal meal requirements, such as ala carte sales, vending machines, school stores, and fund raisers. Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

The Board will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing District-wide nutrition and physical activity policies.

#### Nutrition

The following items may not be served, sold or given out as free promotion anywhere on school property at anytime before the end of the school day.

- Foods of minimal nutritional value (FMNV) as defined by US Department of Agriculture regulations;
- All food and beverage items listing sugar, in any form, as the first ingredient;
- All forms of candy;
- Schools shall reduce the purchase of any products containing trans fats. Federal labeling of trans fats on all food products is required by January 1, 2006.

**FOOD SERVICE/WELLNESS/NUTRITION (continued)****Nutrition (continued)**

All snack and beverage items sold or served anywhere on school property during the school day, including items sold in a la carte line, vending machines, school stores and fundraisers, shall meet the following standards:

1. Based on manufacturers nutritional data or nutrient facts labels:
  - No more than 8 grams of total fat per serving, with the exception of nuts and seeds.
  - No more than 2 grams of saturated fat per serving.
2. All beverages shall not exceed 12 ounces, with the following exceptions:
  - Water
  - Milk containing 2% or less fat
3. Whole milk shall not exceed 8 ounces.

In elementary schools:

- 100% of all beverages offered shall be milk, water or 100% fruit or vegetable juices.

In middle schools:

- At least 60% of all beverages offered, other than milk and water shall be 100% fruit or vegetable juices.
- No more than 40% of all ice cream/frozen desserts shall be allowed to exceed the above standards for sugar, fat, and saturated fat.

Food and beverages served during special school celebrations or during curriculum related activities shall be exempt from this policy, with the exception of foods of minimal nutritional value as defined by USDA regulations.

This policy does not apply to medically authorized special needs diets pursuant to 7 CFR Part 210, school nurses using FMNVs during the course of providing health care to individual students or special needs students whose Individualized Education Plan (IEP) indicates their use for behavior modification.

**Implementation**

Adequate time shall be allowed for student meal service and consumption. Schools shall provide a pleasant dining environment. The Board recommends that physical education or recess be scheduled before lunch whenever possible.

This school district's curriculum shall incorporate nutrition education and physical activity consistent with the New Jersey Department of Education Core Curriculum Standards.

The Board of Education is committed to promoting the Nutrition Policy with all food service personnel, food service vendors, teachers, nurses, coaches and other school administrative staff so they have the skills they need to implement this policy and promote healthy eating practices. The Board will work toward expanding awareness about this policy among food service vendors, students, parents, teachers and the community at large.

The Superintendent is responsible for the administration and operation of the school lunch program in keeping with federal and state laws and the policies and directives of the Board.

The Superintendent shall develop regulations consistent with this policy, including a process for

**FOOD SERVICE/WELLNESS/NUTRITION (continued)****Implementation (continued)**

the effectiveness of its implementation, and designating personnel within each school with operational responsibility for ensuring the school is complying with the policy.

<b><u>Legal References:</u></b>	<p><u>N.J.S.A.</u> 18A:11-1                    General mandatory powers and duties  <u>N.J.S.A.</u> 18A:18A-4.1(f)(h)        Use of competitive contracting in lieu of public bidding;  <u>N.J.S.A.</u> 18A:18A-5                    Exceptions to requirement for advertising  <u>See particularly:</u>  <u>N.J.S.A.</u> 18A:18A-5a(6)  <u>N.J.S.A.</u> 18A:18A-6                    Standards for purchase of fresh milk; penalties; rules and regulations</p> <p><u>N.J.S.A.</u> 18A:33-3  through -5                                Cafeterias for pupils  <u>N.J.S.A.</u> 18A:33-9                    Findings, declarations relative to school breakfast programs.  through -14  <u>See particularly:</u>  <u>N.J.S.A.</u> 18A:33-10                    Powers of Board (county vocational schools)  <u>N.J.S.A.</u> 18A:54-20  <u>N.J.S.A.</u> 18A:58-7.1                    School lunch program ...  through -7.2                                Child Nutrition Programs  <u>N.J.A.C.</u> 2:36-1.1 <u>et seq.</u>            School safety plans  <u>N.J.A.C.</u> 6A-16-5.1(b)                Supplies and equipment  <u>N.J.A.C.</u> 6A:23-2.6                    Evaluation of the Performance of School Districts  <u>N.J.A.C.</u> 6A:30-1.1 <u>et seq.</u>           Reporting requirements  <u>N.J.A.C.</u> 6A:32-12.1                    Review of mandated programs and services  <u>N.J.A.C.</u> 6A:32-14.1</p>
	<p>Sec. 204 at the Federal Child Nutrition and WIC Reauthorization Act of 2004 (P.L. 108-265)</p> <p>42 U.S.C. 1751 <u>et seq.</u>                Richard B. Russell National School Lunch Act</p> <p>42 U.S.C. 1771 <u>et seq.</u>                Child Nutrition Act of 1966</p> <p>7 C.F.R. Part 210                        Medically authorized special needs diets</p> <p>7 C.F.R. Part 210.10                    Foods of minimum nutritional value</p>
<b><u>Cross References:</u></b>	<p>*3000/3010                    Concepts and roles in business and non-instructional operations; goals and objectives  *3220/3230                    State funds; federal funds  *3450                            Money in school buildings  *3510                            Operation and maintenance of plant  *3542.31                        Free or reduced-price lunches/milk  *3542.44                        Purchasing  *4222                            Non-instructional aides  *5131                            Conduct/discipline  9123                            Appointment of board secretary  9124                            Appointment of business official</p>

\*Indicates policy is included in the Critical Policy Reference Manual.

**Key Words**

Free Lunch, School Lunch, Lunch, Milk, Reduced-price Lunches/Milk, Food Service, Nutrition, Wellness

Approved:                    September 7, 2006  
Revised:                     June 23, 2008, June 9, 2008, August 22, 2011