

WELLNESS POLICY:

At its regular public meeting on July 29, 2006, the Board of Education adopted the Student Wellness and Nutrition Policy for the District (Policy No. 3542.1). This policy meets State and Federal guidelines and the mandate that all New Jersey schools have such a policy in place by September 2006. Pursuant to the adoption of this policy, the District's administrative staff worked closely with our school lunch vendor, Pomptonian, Inc., to improve the school lunch menus for all our students. As part of the implementation process, parents, students, and staff members will have the opportunity to work with the district's Business Administrator to continue to evaluate and improve meals serviced as part of the school lunch program.

The complete policy may be found on the following four pages. Key elements of the policy are as follows:

- Healthy snacks during the school day are encouraged at all grade levels to maintain energy levels and classroom focus.
- For school-wide and classroom celebrations, parents/guardians are encouraged to provide healthy foods and beverages.
- Candy, foods and beverages listing sugar as the first ingredient, soda water, water ices with no fruit or fruit juice content, and chewing gum may NOT be sold or served.
- Based on manufacturers' nutritional information, acceptable foods shall contain limited amounts of total fat, saturated fat and trans fat.
- Beverage choices will emphasize low fat milk, 100% fruit or vegetable juices, and water, and portion sizes will be limited based on the type of beverage; i.e., the portion size for whole milk should not exceed eight ounces.
- Consistent with the policy (Section IV), foods used in curriculum-related activities will be restricted based on the type of lesson being taught.
- The policy does not apply to foods brought from a student's home for his/her lunch or snack, or to foods that are medically necessary or indicated in a student's Individualized Education Plan (IEP).

Healthy snack ideas include raw vegetables (such as carrots, celery); raisins, trail mix and dried fruit; fresh fruit (sliced is best); Graham crackers or animal crackers; low fat yogurt with fruit or granola; dry cereals (such as Cheerios); pretzels and baked potato chips; low fat (sugar free) pudding; low fat mini-muffins and fruit-filled bars; whole-grain crackers and cheese cubes; rice cakes, hard pretzels and low-fat popcorn; low fat cheese sticks or cubes; low fat power bars, granola bars and bagels; bread sticks, pita bread or tortillas; and beverages (such as water, low fat milk, and small 100% fruit juice containers). Parents are urged to check the package nutrition labels for serving sizes, and sugar and fat content. Parents' cooperation in following these suggestions and reinforcing good nutrition for our students will be greatly appreciated.