

STUDENT WELLNESS & NUTRITION

Date of Adoption: October 18, 2007

The Board of Education believes that children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive, and that good health supports student attendance and the ability to learn. The Board, therefore, is committed to the following:

- providing school environments that promote and protect children’s health and well-being;
 - providing the district’s students and staff with healthy and nutritious foods through its contracted food service operations and other food practices during the school day;
 - reinforcing the district’s instructional program in nutrition and health by limiting food choices during the school day and providing guidance to students and parents/guardians about healthy food choices; and
 - providing students with the opportunity to engage in daily physical activity.
- I. The following foods may NOT be sold, served, or given out as free promotion anywhere on school property during the school day:
- a. all forms of candy;
 - b. all food and beverage items listing sugar, in any form, as the first ingredient; and
 - c. additional foods of “minimal nutritional value” (FMNV), as defined by the USDA, including soda water, water ices that do not contain fruit or fruit juices, and chewing gum.

For the purposes of this policy, the “school day” is defined as the time when any students enter the building prior to instruction as well as between the start of the first instructional period in each school until 20 minutes after the school’s dismissal time.

II. Reimbursable Meals

All reimbursable meals offered through the district’s school lunch program shall meet Federal nutrient standards as required by the U.S. Department of Agriculture Child Nutrition Program regulations. Reimbursable meals available through the food service program will emphasize nutritious and appealing foods, such as fruits, vegetables, low-fat dairy foods, and low-fat and whole grain products. The schools shall take efforts to encourage students to make nutritious food choices and consume all components of a balanced school lunch.

The district Business Administrator shall have the responsibility of directing and cooperating with the district’s food service provider(s) to ensure that all statutory

rules and regulations are followed. A committee consisting of parents, students and staff will meet periodically each year to review school lunch offerings.

Students and other groups selling food, snacks, or beverages during the school day may not compete with the operation of the district's school lunch program. Therefore, such food sales may not be conducted during the hours that school cafeterias are in operation. For example, at the high school, student/group food sales may not be conducted during the hours from 10:00 AM to 1:15 PM.

III. Standards for Other Foods Served or Sold

All foods (other than reimbursable meals), snacks, and beverages that are sold or served anywhere on school property during the school day, including items sold in a la carte lines, vending machines, snack bars, school stores, and fundraisers, shall meet the following standards:

- a. Based on manufacturers' nutritional data or nutrient labels, foods shall:
 - 1) contain no more than 8 grams of total fat/serving, with the exception of nuts and seeds;
 - 2) contain no more than 2 grams of saturated fat/serving; and
 - 3) contain less than .5 gram of trans fats.
 - 4) No more than 40 percent of all ice cream/frozen desserts shall be allowed to exceed the above standards for sugar, fat, and saturated fat for high school and middle school students.
- b. Beverages shall be limited to the following:
 - 1) In the elementary schools, beverages shall be limited to water, milk, or 100% fruit or vegetable juices;
 - 2) In the middle schools and high school, at least 60% of all beverages offered other than water or milk must be 100% fruit or vegetable juices; the remaining 40% of beverages may not include items that are considered "foods of minimal nutritional value."
 - 3) The portion size of beverages other than water or milk containing 2% or less fat shall not exceed 12 ounces; the portion size for whole milk, when available, shall not exceed 8 ounces.

IV. The Board recognizes that food can be an important element in curriculum-related activities. When food is used as part of the instructional program, the following rules shall apply:

- a. Foods prepared in the teaching of basic food preparation techniques in the Family and Consumer Sciences Department should comply with the standards as listed above to the fullest extent possible.
- b. Foods used to teach comparative foods, food science, or to demonstrate scientific principles are exempt from meeting the standards as listed above.

- c. Foods used to support instruction in social studies, geography, and world languages are exempt from meeting the standards as listed above only if they are historically, socially, culturally, or ethnically authentic, but every effort should be made to meet the standards to the fullest extent possible.
 - d. When appropriate, guest speakers who are invited to address students shall receive orientation regarding relevant food policies and standards in the district.
- V. The Board further recognizes that food can be an important part of a student's day in several other ways:
- a. Snacks: Proper eating routine should consist of several meals and healthy food breaks during the day to maintain necessary energy levels and classroom focus. Therefore, the opportunity to have healthy snacks during the school day, in addition to the regular lunch break, shall be allowed to students at every grade level; school instruction need not stop during this time. Snacks provided by parents/guardians for consumption by their students during these times should comply with all the dietary standards as listed above. Additionally, healthy snacks that conform to the established dietary standards shall be available in the schools for students in Grades 5–12, i.e. through vending machines and/or school stores, during the school day and after school to provide necessary nourishment for students engaged in after school activities such as athletics, musical groups, clubs, and work.
 - b. School-wide and classroom celebrations: Food is a traditional part of many school-wide and classroom celebrations and food and beverages for these occasions may be provided by parents/guardians for consumption by our students. 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. In these instances, parents are encouraged to provide food and beverages consistent with the dietary standards listed above. Schools will provide a list of recommended items for those occasions.
 - c. Food shall not be offered to students as a reward or withheld as a punishment.
- VI. This policy does NOT apply to:
- a. medically authorized special needs diets pursuant to 7 CFR Part 210;
 - b. school nurses using foods of minimal nutritional value while providing health care to individual students; or
 - c. special needs students whose Individualized Education Plan (IEP) indicates their use for behavior modification.

The Board of Education is committed to promulgating and promoting these food standards to students, parents/guardians, school administrators, teachers, nurses, coaches and advisors, PTA and other parent organizations, booster groups, and the community at large so they have the knowledge and guidance they need to support and reinforce healthy eating habits by our students both in school, in school-related activities, and in their daily lives. Each group should strive to meet all guidelines to the fullest extent possible.

To this end, the Assistant Superintendent for Curriculum, Instruction, and Assessment, in consultation with other district administrators, principals, school nurses, health teachers, and the district's food service provider, shall develop and distribute written guidelines suggesting those healthy foods that may be provided for students during the school day. Building principals and classroom teachers shall be responsible for monitoring compliance with these guidelines in their buildings and classrooms, respectively.

The Board, believing that eating should be a positive experience, shall strive to provide students and staff with adequate space to eat meals in clean, pleasant surroundings and allow them adequate time to eat, relax, and socialize.

- a. Students should have at least 20 minutes to eat after sitting down for lunch.
- b. Nutrition information in the food service area should promote healthy food choices.
- c. Food service personnel and lunch room aides shall have adequate training and professional development in how to promote healthy eating behavior and to maintain safe, orderly, and pleasant eating environments.
- d. Students shall have access to facilities for hand washing and oral hygiene.

The Scotch Plains–Fanwood Public Schools will provide nutrition education and physical education programs, consistent with the New Jersey Core Curriculum Content Standards, that foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education, school meal programs, and related community services. School personnel shall actively promote student physical activity during the school day beyond the required physical education periods.

In support of this policy and to further promote student health and well being, school health services staff and school counselors shall consistently promote healthy eating to students and other staff. These professionals shall be prepared to recognize conditions such as obesity, eating disorders, and other nutrition-related health problems among students and staff and be able to refer them to appropriate services for counseling or medical treatment.

Scotch Plains–Fanwood Public Schools

Legal References:

Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004 (PL 108–265)	Richard B. Russell National School Lunch Act
42 USC 1751 et seq.	Child Nutrition Act of 1966
42 USC 1771 et seq.	Medically authorized special need diets
7 CFR Part 210	Foods of minimum nutritional value
7 CFR Part 210.10	School Lunch Program
NJSA 18A:58–7.1–7.2	Child Nutrition Programs
NJAC 2:36–1.1 et seq.	Local School Nutrition Policy
NJAC 2:36–1.7	