

Weymouth Township Board of Education District Policy Manual

Business & Non-Instructional Operations

Series 3000

Wellness & Nutrition

Policy 3542.1

Date Adopted: April 19, 1990

Date Revised: June 15, 2006, April 24, 2008, January 22, 2015,
March 17, 2016

Page 1 of 3

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 fosters student attendance and education.

Therefore, the Board of Education is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity, and will ensure that:

- A. All students will have opportunities, support, and encouragement to be physically active on a regular basis.
- B. Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans, the Healthy, Hunger-Free Kids Act of 2010* and the USDA nutrition standards for National School Lunch, School Breakfast and/or After School Snack Programs.
- C. Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- D. Meal periods shall be scheduled at appropriate times (Lunches will be served between 10:00 AM and 2 PM).
- E. All food preparation areas shall have had regular health inspections and received satisfactory approvals.
- F. To the maximum extent practicable, all schools in the district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program including- after-school snacks, Summer Food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food Program).
- G. 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.
- H. 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.

Weymouth Township Board of Education District Policy Manual

Business & Non-Instructional Operations

Series 3000

Wellness & Nutrition

Policy 3542.1

Page 2 of 7

The Chief School Administrator shall develop regulations consistent with this policy, including a process for measuring the effectiveness of its implementation, and designating personnel within the school with operational responsibility for ensuring the school is complying with the policy. In addition, the Chief School Administrator shall designate a district administrator to oversee and ensure that each school in the district complies with the provisions of this policy and that the policy is implemented correctly for each are beverages are offered, including vending machines (if applicable) and the school store(s).

The Chief School Administrator shall be responsible to providing support for staff members so they have the skills and knowledge to implement the provisions of this policy.

The Board of Education will support the implementation of nutrition education throughout the school day and during after school programs, in order to promote a consistent message to parents/guardians and students.

Advisory Committee

The Chief School Administrator shall oversee the formation and support of an advisory committee comprised of teachers, parents, coaches, school administrators and community partners working to promote awareness of the requirements of this policy and to make suggestions for improvements to the nutrition of students and this policy. The committee shall also undertake additional tasks as consistent with the wellness policy guidelines issued by the USDA.

The 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 of Education is committed to:

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

Weymouth Township Board of Education District Policy Manual

Business & Non-Instructional Operations

Series 3000

Wellness & Nutrition

Policy 3542.1

Page 3 of 7

All reimbursable meals shall meet federal nutrient standards as required by the U.S. Department of Agriculture Child Nutrition Program regulations. All items served as part of the After School Snack Program shall meet the standards as outlined within this policy.

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 U.S. Department of Agriculture regulations;
- All food and beverage items listing sugar, in any form, as the first ingredient;
- All forms of candy; and,
- 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.

All snack and beverage items 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 or served in the reimbursable After School Snack Program, 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 (non-fat or unflavored 1%), water or 100% fruit or vegetable juices.

In middle schools at least 60% of all beverages offered, other than milk (non-fat or unflavored 1%) and water, shall be 100% fruit or vegetable juices. Any "other" beverages that are offered must meet the standards set forth in this policy.

Weymouth Township Board of Education District Policy Manual

Business & Non-Instructional Operations
Wellness & Nutrition

Series 3000
Policy 3542.1

Page 4 of 7

Healthy Snack Guidelines

The following additional nutrient requirements shall also apply:

1. Calorie Limits – Snack Items \leq 200 calories; Entrée Items \leq 350 calories
2. Sodium Limits - Snack Items \leq 230 mg.*; Entrée Items \leq 480 mg.
3. Fat Limits - Snack Items \leq 35% of calories; Entrée Items \leq 10% of calories;
Trans fat: zero grams
4. Sugar Limit - \leq 35% of weight from total sugars in foods
* On July 1, 2016, snack items must contain \leq 200 mg. sodium per item.

Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold. This helps control the amount of calories, fat, sugar and sodium added to foods.

For the health and safety of students and staff members, all beverages distributed, sold or brought to school must be in sealed containers.

Classroom celebrations shall not include any food items defined by the regulations of the USDA as “foods of minimal nutritional value.” Occasionally, however, classroom celebrations and curriculum-related activities may be exempt from the provisions of this policy, however, strong effort shall be made to include healthy choices when planning such activities.

Food items are not to be used as a reward for academic performance or behavior unless noted as part of a student’s Individualized Education Plan. Withholding food as a punishment is strictly prohibited.

This policy does not apply to medically authorized special needs diets pursuant to 7 CFR Part 210, school nurses using Foods of Minimal Nutritional Value (FMNV) 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.

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

Nutrition Education and Promotion

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

Weymouth Township Board of Education District Policy Manual

**Business & Non-Instructional Operations
Wellness & Nutrition**

**Series 3000
Policy 3542.1**

Page 5 of 7

Students will receive consistent nutrition messages throughout schools, classrooms, cafeterias, and other appropriate means as follows:

- Teachers will integrate nutrition education into core curricula;
- Nutrition promotion may include participatory activities such as contests, promotions, farm visits, and experience working in school gardens;
- The nutrition education program will be linked to school meal programs, , cafeteria nutrition promotion, after-school programs, and school breakfast programs;
- Nutrition education will be offered in the cafeteria as well as the classroom, with coordination between the foodservice staff and teachers;
- Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, healthy food preparation methods, and accurate portion sizes;
- Students will have opportunities to taste foods that are low in saturated and transfats, sodium and added sugar;
- Staff members responsible for nutrition education will regularly participate in relevant professional development (e.g., training on the Dietary Guidelines for Americans and how to teach them);
- Staff will only use approved nutrition curriculum in the classroom. Curriculum developed by corporate interests is prohibited;
- Nutrition education will be provided to families via handouts, newsletters, postings on the web-site, presentations, and workshops. The school menu may be posted online;
- Staff members are strongly encouraged to model healthful eating habits, and discouraged from eating in front of children/sharing food with children during regular class time, outside of activities related to the nutrition education curriculum. Staff members are not permitted to eat or drink out of branded packaging in front of children (e.g., coffee containers with specific company logos);
- Families will be requested to pack lunches and snacks that meet district nutrition standards and will be provided with written guidance on how to accomplish this.

Specifically, the nutrition curriculum will encompass:

- Promotion of adequate nutrient intake and healthy eating practices;
- Skill development, such as reading labels to evaluate the nutrient quality of foods, meal planning, analysis of health information;
- Examination of the problems associated with food marketing to children;
- Nutrition themes including, but not limited to USDA's MY Plate, Dietary Guidelines for Americans, adequate nutrient intake (such as carbohydrates, proteins, fats), body image and food safety.

Weymouth Township Board of Education District Policy Manual

Business & Non-Instructional Operations
Wellness & Nutrition

Series 3000
Policy 3542.1

Page 6 of 7

Physical Activity

All students will have opportunities for physical activity beyond physical education class on a daily basis. Classroom health education will reinforce the knowledge and skills needed to maintain a physically active lifestyle. Students will be encouraged to reduce sedentary time. It is recommended that students not be required to engage in sedentary activities for more than two hours without an opportunity to stretch and move around. Short (3-5 minute) “energy release” physical activity breaks are recommended between classes to incorporate short activity breaks into the day.

Teachers are expected to incorporate opportunities for physical activity in the classroom whenever possible and will be encouraged to serve as role models by being physically active alongside the students.

Fundraising Activities

Any and all fundraising activities that include food items shall encourage healthy eating habits by promoting the sale of healthy food and/or beverage items. All fundraising involving the sale of food and/or beverage items shall take place outside of the regular school day.

Notification

At a minimum, a copy of this policy shall be posted in the cafeteria(s), school store(s) and provided to the parent group(s) of the school district.

Parents/guardians shall be provided information supporting the provisions of this policy and promoting healthy choice awareness.

All staff members shall be provided with a copy of this policy annually or following any revision to it.

The Chief School Administrator will provide a report to the Board of Education annually. The following information will be included in this report:

- The extent to which each school is in compliance with the wellness policy;
- The progress made in attaining the goals of the policy;
- Any recommend changes to this policy;
- A detailed action plan for the following school year to achieve annual goals and objectives; and,
- Any additional information required by the USDA.

Weymouth Township Board of Education District Policy Manual

Business & Non-Instructional Operations
Wellness & Nutrition

Series 3000
Policy 3542.1

Page 7 of 7

Revisions to this policy will take into account new research and evidence on health trends, new national and state standards and guidelines, new state and federal initiatives, local evaluation data, changing district priorities, and other issues.

Legal References

NJSA 18A:11-1 General mandatory powers and duties
18A:18A-4.1 f.,h. Use of competitive contracting in lieu of public bidding; boards of education
18A:18A-6 Standards for purchase of fresh milk; penalties; rules and regulations
18A:33-3 through -5 Cafeterias for pupils
18A:33-9 through -14 Findings, declarations relative to school breakfast programs
18A:58-7.1 through -7.2 School lunch program

NJAC 2:36-1.1 et seq. Child Nutrition Programs
6A:16-5.1(b) School safety plans
6A:23-2.6 Supplies and equipment
6A:32-12.1 Reporting requirements
6A:32--14.1 Review of mandated programs and services
6A:30-1.1 et seq. Evaluation of the Performance of School Districts

Healthy, Hunger-Free Kids Act of 2010

Sec. 204 at the Federal Child Nutrition and WIC Reauthorization Act of 2004 (P.L. 108-265)
42 U.S.C. 1751 et seq. Richard B. Russell National School Lunch Act
42 U.S.C. 1771 et seq. Child Nutrition Act of 1966
7 C.F.R. Part 210 Medically authorized special needs diets
7 C.F.R. Part 210.10 Foods of minimum nutritional value
Manual for the Evaluation of Local School Districts
New Jersey Quality Single Accountability Continuum (NJQSAC)

Possible Cross References

1200, 1220, 3000/3010, 3450, 3510, 3542, 3542.31, 3542.44, 4222, 5131, 9123, 9124