

THE SCHOOL DISTRICT OF SOUTH ORANGE AND MAPLEWOOD, NEW JERSEY

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Wellness Policy

8510 Wellness Policy

State and federal mandates require school districts to adhere to standards regarding the content of foods offered by the schools.

- ~~• The Department of Health and Physical Education and the Food Services Director joined forces during the 2005-2006 school year to form the District Wellness Committee which met 3 times. Members of the committee included health and physical educators, nurses, township committee members, a representative from the YMCA, the Maplewood Health Officer and a board of education member.~~
- ~~• The committee identified community partnerships and on-going programs that help to support the district wellness policy.~~
- ~~• It was determined that as a district, we far exceed the minimum requirements of the NJ State School Nutrition Policy.~~
- ~~• It is the intent of the committee to continue our work as stakeholders in the health of our children.~~

The Board of Education of the South Orange-Maplewood School District 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 the education and promotion of good nutrition, physical activity and other school-based activities that promote student wellness by:

~~The Board is committed to:-~~

- Providing students with healthy and nutritious food
- 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 the school meal
- Providing students with the opportunity to engage in daily physical activity.

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:-~~

Nutrition Standards for Foods:

Any food sold in schools must:

- Be a "whole grain-rich" grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or

- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).
- Meet the minimum nutrient requirements stated in the New Jersey State Department of Agriculture guidelines.

Nutrition Standards for Beverages:

All schools may sell:

- All beverages offered for sale do not exceed 12 ounces, except water.
- In elementary schools only water, milk (non-fat or unflavored 1%) and 100% fruit or vegetable juice is offered for sale.
- In middle and high schools, at least 60% of all beverages, other than water and milk (non-fat or unflavored 1%) must be 100 % fruit or vegetable juice.
- In middle schools and high schools the 40% "other" beverages that are offered meet the standards set forth in the adopted nutrition policy.
- Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water

Other Requirements:

Fundraisers:

- Fundraising encourages healthy eating habits by promoting the sale of healthy food/beverage items or non-food products.
- All fundraising involving the sale of food/beverage items takes place outside of the regular school day.
- The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
- The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.

The Board supports the practice of healthy food and beverages being served during special school celebrations or during curriculum related activities. In addition, the Board encourages the practice of providing non-food items for such purposes (i.e. books, crafts/activities).

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

Adequate time shall be allowed for student meal service and consumption.

Schools shall provide a pleasant dining environment and be scheduled at appropriate times.

This school district's curriculum shall be consistent with the New Jersey Department of Education Core Curriculum Content Standards in Comprehensive Health and Physical Education. The district shall also promote nutrition education throughout the school day and after school programs to provide a consistent message to parents and students.

Recognizing that recess helps children achieve the necessary daily physical activity, the Board encourages the following best practices during recess at the elementary schools:

1. Schools should not withhold recess from students as a form of punishment
2. Recess should take place before lunch whenever possible
3. Teachers are discouraged from keeping children from recess to complete academic work
4. Physical activity should be promoted during recess when feasible

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

The Board of Education encourages parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and review and update of the local wellness policy.

The Board of Education continues to encourage the participation of all stakeholders by supporting the continuing mission of the District Wellness Policy and is committed to periodic measurement of the extent to which schools are in compliance with the local wellness policy, the extent to which the local education agency's local wellness policy compares to model local school wellness policies, and the progress made in attaining the goals of the local wellness policy, and make this assessment available to the public.

- ~~• 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.~~
- ~~• Schools shall reduce the purchase of any products containing trans fats. Federal labeling of trans fats on all food products was 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: Based on manufacturers nutritional data or nutrient facts labels:~~

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- ~~➤ 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.~~
- ~~• All beverages shall not exceed 12 ounces, with the following exceptions:~~
 - ~~➤ Water~~
 - ~~➤ Milk containing 2% or less fat~~
 - ~~• Whole milk shall not exceed 8 ounces.~~

~~• In the elementary schools 100% of all beverages offered shall be milk, water or 100% fruit or vegetable juices.~~

~~• In middle and high 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.~~

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~~Adequate time shall be allowed for student meal service and consumption.—~~

~~Schools shall provide a pleasant dining environment.—~~

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

~~The Board of Education is committed to promoting the Nutrition Policy with all food service personnel, 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 students, parents, teachers and the community at large.-~~

~~The Board of Education continues to encourage the participation of all stakeholders by supporting the continuing mission of the District Wellness Committee.-~~

Previously adopted: September 11, 2016

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