

FURTHER FACTS . . .

Food and beverages served during special school celebrations or curriculum related activities shall be exempt from the policy, except for FMNV.

The policy does not apply to: medically authorized special needs diets; school nurses using 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.

The schools shall provide the students with a pleasant dining environment, and also adequate time for meal service and consumption of the meals.

It is recommended that physical education or recess be scheduled before lunch, if possible.

The district's curriculum shall incorporate nutrition education and physical activity consistent with NJDOE Core Curriculum Standards.



Think outside the "lunch box"

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



**State of New Jersey
Department of Agriculture
Division of Food and Nutrition
Bureau of Child Nutrition
PO Box 334
Trenton, NJ 08625-0334
Telephone: 609-984-0692
Fax: 609-984-0878**

Website: www.state.nj.us/agriculture

NEW JERSEY MODEL SCHOOL NUTRITION POLICY

PROVIDING
HEALTHY CHOICES
FOR ALL STUDENTS



Helping children establish healthy eating habits to last a lifetime

LET'S MAKE A DIFFERENCE

From what's offered in lunch lines to what's stocked in vending machines, schools are in a powerful position to influence children's lifelong dietary habits. The obesity problem in the United States is critical and has been labeled as an epidemic. There are nearly twice as many overweight children and almost three times as many overweight adolescents as there were in 1980.

Now is the time to recognize that good nutrition is just as important as good grades. Academic and athletic achievements are often indicators of a school district's success.



Add energy and brain power through a school lunch!

Shouldn't the eating habits of our school children be just as important, especially when good nutrition

advances academic and athletic performance?

In order to help combat the complex problem of obesity, new State regulations were recently adopted. By September 2006, each school district/sponsor shall adopt a local School Nutrition Policy and by September 2007, each school district/sponsor shall implement a policy consistent with the New Jersey Department of Agriculture's Model School Nutrition Policy.

Nothing is more important than ensuring our children are fit, healthy and ready to learn. So, let's become committed to helping students eat healthy and be physically active.

THE POLICY ...

"NOTHING BUT THE FACTS"

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



**A winning combination:
Nutritious meals and physical activity!**

- Providing healthy and nutritious food
- Encouraging the consumption of fresh fruits/vegetables, low fat milk and whole grains

- Supporting nutrition education
- Encouraging students to consume all components of the school meal
- Providing students with daily physical activity

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 USDA regulations
- All food and beverages listing sugar, in any form, as the first ingredient
- All forms of candy

Beverage and Snack Standards

All Schools

All snacks and beverage items sold or served on school property during the school day, shall meet the following standards:

- Based on nutrition facts labels:
 - No more than eight grams of total fat per serving, with the exception of nuts and seeds
 - No more than two grams of saturated fat per serving
- All beverages shall not exceed 12 ounces, with the following exceptions:
 - Water
 - Milk containing two per cent or less fat
- Whole milk shall not exceed eight ounces

Elementary Schools

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

Middle and High Schools

- At least 60 percent of all beverages offered, other than milk and water, shall be 100 percent fruit or vegetable juices
- 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