

### 8505 SCHOOL NUTRITION

#### Local Wellness and Nutrition

The Upper Township Board of Education believes that children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive. Because good health fosters increased student attendance and better learning opportunities, the Board is committed to the following:

1. Providing students with healthy and nutritious foods.
2. Encouraging the consumption of fresh fruits and vegetables, low fat milk and whole grains.
3. Encouraging students to select and consume all components of the school meal.
4. Maintaining safe, clean and pleasant dining environments.
5. Reducing the purchasing of any products containing trans fats.
6. Providing students with the opportunity to engage in daily physical activity.
7. Supporting healthy eating habits through nutrition education.

The Board of Education will continue to promote the nutrition policy with all food service personnel, teachers, nurses, coaches and other school administrative staff so they possess the required skills to implement this policy and promote healthy eating practices. The Board will also 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 in future years.

The Upper Township Schools will continue to provide an interactive nutrition curriculum to students in grades pre-K through Grade 8 that teaches the skills children need to adopt healthy eating behaviors. Nutrition education will continually be offered in each school dining room as well as in the classroom, with coordination between food service staff and teachers.

Nutrition will also be integrated into the district health education curriculum by staff members who have had the appropriate training required to do so. In addition, Qualified Child Nutrition Professionals will provide students with access to a variety of affordable, nutritious and appealing foods that meets the health and nutrition needs of students and will accommodate the religious, ethnic and cultural diversity of the student body in meal planning



In the spirit of wellness, one of the primary goals of the District's Physical Education Program is to foster lifelong habits of healthy eating and physical activity, and establish linkages between health education, school meal programs and related community services. Students should be given opportunities for physical activity during the school day through either daily recess periods, physical education classes, walking programs and the integration of physical activity into the academic curriculum. The Board recommends that physical education or recess be scheduled before lunch, whenever possible. The District's curriculum shall incorporate nutrition education and physical activity consistent with the N.J. Core Curriculum Content Standards.

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). All reimbursable meals shall meet Federal Nutrient Standards as required by the US Department of Agricultural Child Nutrition Program regulations.

Regarding specific foods, 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 manufacturer's nutritional data or nutrient facts labels:
  - a. No more than eight grams of total fat per serving, with the exception of nuts and seeds.
  - b. No more than two grams of saturated fat per serving.
2. All beverages shall not exceed 12 ounces, with the following exceptions:
  - a. Water.
  - b. Milk containing two percent or less fat.
3. Whole milk shall not exceed eight ounces.

Also as common practice, the following provisions and restrictions will be implemented, monitored and documented to remain compliant with all State and Federal nutritional mandates:



### Primary and Elementary Schools

1. 100 percent of all beverages offered shall be milk, water or 100 percent fruit or vegetable juices.

### Middle School

1. At least 60 percent of all beverages being offered, other than milk and water, shall be 100 percent fruit or vegetable juices.
2. No more than 40 percent of all ice cream/frozen desserts shall be allowed to exceed the standards for sugar, fat and saturated fat.
3. Individual food items will have no more than:
  - a. 35% of its calories from fat (excluding nuts, seeds, nut-butters).
  - b. 10% of its calories from saturated and trans fats combined.
  - c. 35% of its weight from added sugars.
  - d. 230 mg of sodium per serving for snacks.
  - e. 480 mg of sodium per serving for pastas, meats and soups.
  - f. 600 mg of sodium for pizza, sandwiches and main dishes.
4. A choice of at least 2 fruits and/or non-fried vegetables will be offered daily.

Servings of foods and beverages sold individually will be limited to and served in the following portions:

1. One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit or jerky.
2. One ounce for cookies.
3. Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels and other bakery items.



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4. Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream.
5. Eight ounces for non-frozen yogurt.
6. Twelve fluid ounces for beverages, excluding water and 2% milk.
7. The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

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:

1. Any food and beverage items, as defined by the U.S. Department of Agriculture regulations as Foods of Minimal Nutritional Value (FMNV): see included list.
2. All food and beverage items listing sugar, in any form, as the first ingredient, as further noted below:
  - a. The forms of sugar may include, but are not limited to: corn syrup, dextrin, fructose, high fructose corn syrup, galactose, glucose, honey, lactose, malt, maltose, maple syrup, molasses and sucrose. Artificial sweeteners may be sold, however, its use is not recommended due to limited research on possible long-term effects.
3. All forms of candy.

### Foods of Minimal Nutritional Value (FMNV)

1. Soda Water.
2. Water Ices except those which contain fruit or fruit juices.
3. Chewing Gum.
4. Hard Candy - made predominantly from sugar (sucrose) and corn syrup which may be flavored and colored, is characterized by a hard, brittle texture and includes such items as sour balls, fruit balls, candy sticks, lollipops, starlight mints, after dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, jaw breakers and cough drops.



5. Jellies and Gums - A mixture of carbohydrates which are combined to form a stable gelatinous system of jelly-like character, and are generally flavored and colored, and include gum drops, jelly beans, jellied and fruit-flavored slices.
6. Marshmallow Candies - an aerated confection composed as sugar, corn syrup, invert sugar, 20 percent water and gelatin or egg white to which flavors and colors may be added.
7. Fondant - A product consisting of microscopic-sized sugar crystals which are separated by thin film of sugar and/or invert sugar in solution such as candy corn and soft mints.
8. Licorice - A product made predominantly from sugar and corn syrup which is flavored with an extract made from the licorice root.
9. Spun Candy - A product that is made from sugar that has been boiled at high temperature and spun at a high speed in a special machine.
10. Candy Coated Popcorn - Popcorn which is coated with a mixture made predominantly from sugar and corn syrup.

### Policy Exemptions

Although food and beverages served during special school celebrations or during curriculum related activities shall be exempt from this policy, with the exception of FMNV, it is **STRONGLY RECOMMENDED** that we continue to provide children with healthy snacks and treats that are consistent with the items available throughout the course of the school year.

To assist in this initiative, the District Food Service department is available and welcomes the opportunity to accommodate classroom teachers/parents in providing food and beverage items that ensure compliance with all nutritional mandates. For additional information, please call Kay Garcia, Food Service Director, at 628-3517 ext. 2282.

In addition to the above-mentioned, this policy is not applicable to the following circumstances:

1. Medically authorized special needs diets pursuant to Federal regulations.
2. School nurses using FMNV to provide health care to individual students.
3. Special needs students whose Individualized Education Plan (IEP) indicates regulated usages for behavior modification.



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The Chief School Administrator will develop regulations consistent with this policy, including a process for measuring the effectiveness of its implementation, and designating personnel within each school with operational responsibility for ensuring compliance with the policy.

The Chief School Administrator will specifically address the issue of biosecurity for the school food service (N.J.A.C. 2:36-1.12). Biosecurity may be part of the plans, procedures and mechanism for school safety (N.J.A.C. 6A:16-5.1(b)). The Board of Education has adopted a Food Service Biosecurity Management Plan.

Adopted: 26 June 2006

Revised: 1 August 2007, 22 October 2007, 21 March 2011

