

# POLICY

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## Board of Education

### Bernards Township

File Code: M8505  
NUTRITION

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 is committed to:

- Providing students with healthy and nutritious foods.
- 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, and
- 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 outlines within this policy.

The following items may not be served, sold, or given out as free promotion anywhere on school property at any time before the end of the school day:

- Foods of minimal nutritional value, as defined by the U.S. Department of Agriculture
- All food and beverage items listing sugar, in any form, as the first ingredient, and
- All forms of candy.

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 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 per cent fat or less
- 3) Whole milk shall not exceed eight ounces.

# POLICY - Continued

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In elementary schools:

- 100 per cent of all beverages offered shall be low fat milk, water, or 100 per cent fruit or vegetable juices.

In William Annin Middle School:

- 100 per cent of all beverages offered shall be low fat milk, water, or 100 per cent fruit or vegetable juices.
- All ice cream / frozen desserts shall meet the above standards for sugar, fat and saturated fat.

In Ridge High School:

- 6 out of every ten beverage selections will be water, milk or juice. 4 out of 10 selections will be isotonic sports beverages and/or flavored tea beverages.

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 the USDA regulations.

This policy does not apply to: medically authorized special needs diets pursuant to 7CFR Part 210; school nurses using FMNV's (Foods of Minimal Nutritional Value) during the course of providing health care to individual students; or special needs students whose IEP (Individualized Education Plan) 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 recommends that physical education or recess shall be scheduled before lunch wherever possible.

The Bernards Township Schools curriculum shall incorporate nutrition education and physical activity consistent with the New Jersey Department of Education Core Curriculum Standards.

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 that 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 Wellness Policy Task Force shall be responsible for the oversight and evaluation of this policy.

**ADOPTED:** November 26, 2007