

**Policy**

WELLNESS AND NUTRITION

The Harrison 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.

Obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity. Heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood. Further, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes.

To promote healthful behavior in the school, the board is committed to encouraging its students to consume fresh fruits, vegetables, lowfat milk and whole grains. The board is also committed to encouraging students to select and consume all components of the school meal.

In order to promote and protect children's health, well-being, and ability to learn, the board is committed to providing school environments that support 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, and the USDA nutrition standards for National School Lunch, School Breakfast and/or After School Snack Programs. The district will regulate the types of food and beverage items offered outside the federal meal requirements, such as ala carte sales, vending machines, school stores, and fund raisers;
- C. All students will be provided with adequate time for student meal service and consumption in a clean, safe, and pleasant dining environment. Lunch and recess or physical education schedules will be coordinated with the meal service;
- D. To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program including- After-School Snack Programs, Summer Food Service Program, and Child and Adult Care Food Program);
- E. 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;
- F. 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.

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

- A. All food and beverage items listing sugar, in any form as the first ingredient;

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B. All forms of candy.

Schools shall reduce the purchase of any products containing trans fats. 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:

A. Based on manufacturers nutritional data or nutrient facts labels:

1. No more than eight grams of total fat per serving, with the exception of nuts and seeds;
2. No more than two grams of saturated fat per serving.

B. All beverages shall not exceed 12 ounces, with the following exceptions:

1. Water;
2. Milk (plain or flavored) containing one percent or less fat.

C. Whole milk shall not exceed eight ounces.

Elementary Schools

- A. 100 percent of all beverages offered shall be milk, water; or
- B. 100 percent fruit or vegetable juices;
- C. Serving size for fruit or vegetable juice shall not exceed 8 ounces.

Middle and High Schools

- A. Serving size for fruit or vegetable juice shall not exceed 12 ounces;

General Requirements

Breakfast Offer vs. Serve Policy (Form # 204 -Attached)

Lunch Offer vs. Serve Policy (Form #205 -Attached)

Alliance for a Healthier Generation – USDA Smart Snacks in School Beverage Guidelines (See attached)

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 (FMNV) value.

This policy does not apply to: medically authorized special needs diets pursuant to federal regulations; school nurses using FMNVs during the course of providing health care to individual students; or special needs students who's Individualized Education Program (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 recommends that physical education or recess be scheduled before lunch whenever possible.

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The district's curriculum shall incorporate nutrition education and physical activity consistent with the New Jersey Department of Education Core Curriculum Content Standards.

The chief school administrator/superintendent will specifically address the issue of biosecurity for the school food service. Biosecurity may be part of the plans, procedures and mechanism for school safety.

The board 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 chief school administrator/superintendent shall 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 the school is complying with the policy.

Adopted: May 16, 2006

NJSBA Review/Update: December, 2014

Readopted: January 22, 2015 (Second Reading)

Key Words

School Lunch, Food Service, Nutrition, Wellness,

<b>Legal References:</b>	N.J.S.A. 18A:11-1	General mandatory powers and duties
	<u>N.J.S.A.</u> 18A:18A-4.1 f.,h.	Use of competitive contracting in lieu of public bidding; boards of education
	<u>N.J.S.A.</u> 18A:18A-5	Exceptions to requirement for advertising
	See particularly:	
	N.J.S.A. 18A:18A-5a(6)	
	<u>N.J.S.A.</u> 18A:18A-6	Standards for purchase of fresh milk; penalties; rules and regulations
	<u>N.J.S.A.</u> 18A:33-3 through -5	Cafeterias for pupils
	<u>N.J.S.A.</u> 18A:33-9 through -14	Findings, declarations relative to school breakfast programs
	See particularly:	
	<u>N.J.S.A.</u> 18A:33-10	
	<u>N.J.S.A.</u> 18A:33-15 through -19	Improved Nutrition and Activity Act ( <u>IMPACT</u> Act)
	<u>N.J.S.A.</u> 18A:54-20	Powers of board (county vocational schools)
	<u>N.J.S.A.</u> 18A:58-7.1 through -7.2	School lunch program
	<u>N.J.A.C.</u> 2:36-1.1 <u>et seq.</u>	Child Nutrition Programs
	See particularly:	
	<u>N.J.A.C.</u> 2:36-1.7	Local school nutrition policy
	<u>N.J.A.C.</u> 6A:16-5.1(b)	School safety plans
	<u>N.J.A.C.</u> 6A:23A-1 <u>et seq.</u>	Fiscal accountability, efficiency and budgeting procedures
	See particularly:	
	<u>N.J.A.C.</u> 6A:23A-16.5	Supplies and equipment
	<u>N.J.A.C.</u> 6A:30-1.1 <u>et seq.</u>	Evaluation of the Performance of School Districts
	<u>N.J.A.C.</u> 6A:32-12.1	Reporting requirements
	<u>N.J.A.C.</u> 6A:32-'-14.1	Review of mandated programs and services

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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

**Possible**

<b><u>Cross References:</u></b>	*1200	Participation by the public
	*1220	Ad hoc advisory committees
	*3000/3010	Concepts and roles in business and noninstructional operations; goals and objectives
	*3220/3230	State funds; federal funds
	*3450	Money in school buildings
	*3510	Operation and maintenance of plant
	*3542	Food Service
	*3542.31	Free or reduced-price lunches/milk
	*3542.44	Purchasing
	*4222	Noninstructional aides
	*5131	Conduct/discipline
	9123	Appointment of board secretary
	9124	Appointment of business official

\*Indicates policy is included in the Critical Policy Reference Manual.

## SMART SNACKS *(Effective 7-1-2014)*

GENERAL STANDARDS	Whole Grain Rich . OR	1st Ingredient: Fruit-Veg.- Dairy-Protein* OR	"Combination Food" * Containing 2 Food Groups OR	Contain 10% of Daily Value for 1 of following: Calcium-Potassium-Vit. 0-Fiber. <i>(Eiim. 7-1-2016)</i>
Nutrients		Exemptions**		
Fats 35%		-Reduced Fat Cheese    -Part Skim Mozzarella -Nuts/Seeds & Nut/Seed Butters -Dried Fruit w/ Nuts/Seeds <i>(No added sweetener or fat)</i> -Seafood <i>(No added fat)</i>		
Saturated Fat < 10%		-Reduced Fat Cheese    -Part Skim Mozzarella -Nuts/Seeds & Nut/Seed Butters -Dried Fruit w/ Nuts/Seeds <i>(No added sweetener or fat)</i>		
Trans Fat 0 grams				
Calories: Entrees - s 350 Snacks/Sides - s 200				
Sugars s 35% of weight		-Dried/Dehydrated Fruits or Veg. <i>(No added sweeteners)</i> -Dried Fruits w/Sweeteners -Dried Fruits w/ Only Nuts/Seeds		
Sodium Entrees:s 480 mg Snacks/Sides:s 230 mg Snacks/Sides:s 230 mg <i>(7-1-2016)</i>				

\*Combo Foods w/ Fruit and/or Veg..... Must be minimum % cup of Fruit and/or Veg.

\*\* Exempt from all Nutrient Standards: NSLP/NBP Entree on day of service & day after

\*\*Fresh/Froz./Canned Fruit packed in water, light syrup, extra light syrup

\*\*Fresh/Froz./Canned Veg. w/ no added ingredients except water    \*\* Canned Veg. w/ small amt. of sugar

# Beverages (Effective 7-1-2014)

Beverage	Elementary	Middle	High
Plain Water w/ or w/out carbonation	No size limit	N6 size limit	No size limit
100% Low-Fat Milk, unflavored*	S 8 oz	S 12 oz	< 12 oz
Nonfat Milk, unflavored or flavored*	S 8 oz	S 12 oz	S 12 oz
100% Fruit/Vegetable Juice**	S 8 oz	S 12 oz	S 12 oz
Calorie Free Beverages <i>(Calorie -Free Flavored Water w/ or w/out carbonation &amp; Other Calorie Free Beverages)</i>	-----	-----	Maximum Size 20 oz < 5 Calories/8 oz S 10 Calories/20 oz
Lower Calorie Beverages	-----	-----	Maximum Size 12 oz S 40 Calories/8 oz S 60 Calories/12 oz
Caffeine	Food & Beverages --- No Caffeine	Food & Beverages --- No Caffeine	No Restrictions

\*Includes nutritionally equivalent milk alternatives, as permitted by NSLP/SBP

\*\*May include 100% juice diluted with water (w/ or w/out carbonation) & with no added sweeteners.

## Breakfast Offer "versus" Serve Policy

### **Harrison Public School District**

Implementation Date: 9/1/2014

Offer versus serve (OVS) is a policy for reimbursable meals that allows students to decline a certain number of food components in the meal in order to reduce plate waste and food cost.

A school breakfast eligible for federal reimbursement shall offer four (4) food items from the three (3) food components in the appropriate amounts per grade grouping:

1. Fruit (including optional vegetables)
2. Grains (Including optional meat/meat alternate)
3. Milk

Students are allowed to decline one (1) of the four (4) items offered, but must select at least 1/2 cup of fruit or 1/2 cup of vegetables or 1/2 cup of a fruit /vegetable combination.

After taking the required 1/2 cup of fruit students must select at least two (2) additional food items in the full amounts (per grade group requirements) to count toward the reimbursable offer versus serve meal.

The student's decision to accept all four (4) food items or to decline one (1) food item shall not affect the price charged for the meal. The breakfast is priced as a unit. If students do not choose enough food items to comprise a reimbursable meal, a-la-carte prices will be charged

School staff cannot require a student to take a particular food component (except the required 1/2 cup of fruit. It is the student's choice to select three (3) or four (4) food items.

Prepackaged meals such as bagged or "grab and go" meals are allowed under OVS School staff is encouraged. To offer some food components/food items with choices (e.g. fruit basket) and/or the option to decline an item, such as milk.

At each school implementing the Offer versus Serve Policy:

- > School food service staff will be trained annually.
- > Signs will be posted to assist students in identifying a reimbursable meal under OVS Select one:

Offer versus Serve will be implemented at the following schools:

Offer versus Serve will be implemented in all schools.

## Lunch Offer “versus” Serve Policy

### **Harrison Public School District**

Implementation Date: 9/1/2014

Offer versus serve (OVS) is a policy for reimbursable meals that allows students to decline a certain number of food components in the meal in order to reduce plate waste and food cost.

A school lunch eligible for federal reimbursement shall offer five (5) food components in the appropriate amounts per grade grouping:

1. Fruit
2. Vegetable
3. Grains
4. Meat/Meat Alternate
5. Milk

Students are allowed to decline two (2) of the five (5) required food components, but must select at least  $\frac{1}{2}$  cup of either fruit (or fruit combination)  $\frac{1}{2}$  cup of vegetables (or vegetable combination)  $\frac{1}{2}$  cup of fruit/vegetable combination.

After taking the required  $\frac{1}{2}$  cup of fruit or vegetable, students must select at least two (2) additional components in the full amounts (per grade group requirements) to count toward the reimbursable offer versus serve meal.

The student's decision to accept all five (5) components or to decline two (2) components shall not affect the price charged for the meal. The lunch is priced as a unit. If students do not choose enough food items to comprise a reimbursable meal, a la carte prices will be charged.

School staff cannot require a student to take a particular food component (except the required cup of fruit or vegetable). It is the student's choice to select three, four or all five components.

Pre-package meals such as bagged or "grab and go" meals are allowed under OVS. School staff is encouraged to offer some food components/food items with choices (e.g. fruit basket) and/or the option to decline a component/item, such as milk.

At each school implementing the Offer versus Serve Policy:

- > School food service staff will be trained annually.
- > Signs will be posted to assist students in identifying a reimbursable meal under OVS

Select one:

Offer versus Serve will be implemented at the following schools: (list all schools that will implement OVS)

Offer versus Serve will be implemented in all schools.