

**Policy**

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LOCAL WELLNESS/NUTRITION

The board 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.

To promote healthful behavior in the school, the board is committed to encouraging its students to consume fresh fruits, vegetables, lowfat/nonfat 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.

Foods and beverages sold or served at school will meet the nutrition requirements of the Healthy Hunger Free Kids Act of 2010 (HHFKA) nutrition standards for National School Lunch, School Breakfast and/or After School Snack Programs. The nutrition standards shall apply to all foods and beverages sold in the district as part of the menu pattern meal, a la carte, vending machines, school stores and fund raisers. The food requirements for any food sold in schools must meet a range of calorie and nutrient requirements as outlined in the HHFKA. Each school will make water available to children, at no extra charge, in the place where breakfast, lunch, and afterschool snacks are served during the meal service. These nutrition standards shall apply between 12 am and 30 minutes after the end of the school day.

- B. 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.
- C. 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).
- D. 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.
- E. 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.

Vending Machines

The board of education is committed to providing sound and nutritious lunches and snacks for its student body. As part of that commitment vending machines are available for students use.

Vending machines will supply only items that meet the range of calorie and nutrient requirement as outlined in the HHFKA.

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Vending machines use shall be subject to supervision of the building principal and shall be in accordance with established student schedules and National School Lunch Program regulations.

Vending machine suppliers will be selected after comparisons are made on their product prices, frequency of service calls and profit sharing ratios. District profits from sales will be allocated to the Food Service program.

General School District Requirements

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 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. The board recommends that physical education or recess be scheduled before lunch whenever possible.

The district will promote student wellness through nutrition goals and education. The district will post this nutrition policy in the cafeteria, and modify food service practices. The policy will be referenced on the district website.

The 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, 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 including the development, implementation and review and update of this policy among students, parents, teachers and the general public.

The superintendent shall develop regulations consistent with this wellness policy including an annual staff review; an analysis of professional development needs and opportunities, and a comparison with model schools wellness policies that indicate positive wellness results for students.

Adopted: July 18, 2006  
 NJSBA Review/Update: October 2009  
 Readopted: September 27, 2010  
 NJSBA Review/Update, First Reading: January 20, 2015  
 Second Reading/Approval: February 17, 2015

Key Words

School Lunch, Food Service, Nutrition, Wellness,

**Legal References:** N.J.S.A. 18A:11-1 General mandatory powers and duties  
N.J.S.A. 18A:18A-4.1 f-h. Use of competitive contracting in lieu of public bidding; boards of education  
N.J.S.A. 18A:18A-5 Exceptions to requirement for advertising  
See particularly:  
N.J.S.A. 18A:18A-5a(6)  
N.J.S.A. 18A:18A-6 Standards for purchase of fresh milk; penalties; rules and regulations  
N.J.S.A. 18A:33-3

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through -5	Cafeterias for students
<u>N.J.S.A.</u> 18A:33-9 through -14	Findings, declarations relative to school breakfast programs..
<u>See particularly:</u> <u>N.J.S.A.</u> 18A:33-10	
<u>N.J.S.A.</u> 18A:33-15 through -19	<u>Improved Nutrition and Activity Act (IMPACT Act)</u>
<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 et seq.	Child Nutrition Programs
<u>See particularly:</u> <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 et seq.	Fiscal accountability, efficiency and budgeting procedures
<u>See particularly:</u> <u>N.J.A.C.</u> 6A:23A-16.5	Supplies and equipment
<u>N.J.A.C.</u> 6A:30-1.1 et seq.	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
Sec. 204 at the <u>Federal Child Nutrition and WIC Reauthorization Act of 2004</u> (P.L. 108-265)	
42 <u>U.S.C.</u> 1751 et seq.	Richard B. Russell National School Lunch Act
42 <u>U.S.C.</u> 1771 et seq.	Child Nutrition Act of 1966
7 <u>C.F.R.</u> Part 210	Medically authorized special needs diets
7 C.F.R. Part 210.10	Foods of minimum nutritional value

**Possible****Cross References:**

*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.