



# **Riverbank Charter School Of Excellence**

HOME ★ SCHOOL ★ COMMUNITY

## **Health and Wellness Policy**

Adopted 2009  
Revised 2013  
Revised August 2015

**Policy**

**FOOD SERVICE**

The school lunch program shall make a nutritionally adequate lunch available to every student and shall operate on the most economically feasible basis.

It shall be operated in strict compliance with all laws and regulations pertaining to health, sanitation and safety; internal accounting; employment practices; nutritional standards; costs of lunches; and periodic reporting required by New Jersey law.

The lead person is responsible for the administration and operation of the school lunch program in keeping with federal and state laws and the policies and directives of the board.

Adopted: No date  
NJSBA Review/Update: May 2014  
Readopted:

**Key Words**

School Lunch, Food Service, Nutrition, Wellness,

<u><b>Legal References:</b></u>	<u>N.J.S.A. 18A:11-1</u>	General mandatory powers and duties
	<u>N.J.S.A. 18A:18A-5</u>	Exceptions to requirement for advertising
	<u>See particularly:</u>	
	<u>N.J.S.A. 18A:18A-5a(6)</u>	
	<u>N.J.S.A. 18A:18A-6</u>	Standards for purchase of fresh milk; penalties; rules and regulations
	<u>N.J.S.A. 18A:33-3 through -5</u>	Cafeterias for students
	<u>N.J.S.A. 18A:58-7.1 through -7.2</u>	School lunch program ...
	<u>N.J.A.C. 2:36-1.1 et seq.</u>	Child Nutrition Programs
	<u>N.J.A.C. 6A:23A-16.5</u>	Supplies and equipment
	<u>N.J.A.C. 6A:32-12.1</u>	Reporting requirements
	<u>N.J.A.C. 6A:32-14.1</u>	Review of mandated programs and services

**Possible**

<u><b>Cross References:</b></u>	*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
	*3542.1	Local wellness/Nutrition
	*3542.31	Free or reduced-price lunches/milk
	*3542.44	Purchasing
	*4222	Noninstructional aides
	*5131	Conduct/discipline

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

**Policy**

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**WELLNESS AND NUTRITION**

The Riverbank Charter School of Excellence Board of Trustees 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 school 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, the school 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. The school 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; and
- F. The board will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing school-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 any time before the end of the school day:

- A. Foods of minimal nutritional value as defined by the United States Department of Agriculture.

WELLNESS AND NUTRITION (continued)

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

C. All forms of candy.

The school 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 containing two percent or less fat.

C. 100 percent of all beverages offered shall be milk, water; or

D. 100 percent fruit or vegetable juices.

General Requirements

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 as defined by USDA regulations.

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. The school shall provide a pleasant dining environment. The board recommends that physical education or recess be scheduled before lunch whenever possible.

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

The lead person 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 lead person 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

WELLNESS AND NUTRITION (continued)

responsibility for ensuring the school is complying with the policy.

Adopted: No date  
 NJSBA Review/Update: May 2014  
 Readopted:

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; S  
 boards of education  
See particularly:  
N.J.S.A. 18A:18A-5a(6) Standards for purchase of fresh milk; penalties; rules and  
N.J.S.A. 18A:18A-6 regulations  
  
N.J.S.A. 18A:33-3 Cafeterias for students  
 through -5  
N.J.S.A. 18A:33-9 Findings, declarations relative to school breakfast  
 through -14  
See particularly:  
N.J.S.A. 18A:33-10  
N.J.S.A. 18A:33-15 Improved Nutrition and Activity Act (IMPACT Act)  
 through -19  
N.J.S.A. 18A:58-7.1 School lunch program ...  
 through -7.2 Child Nutrition Programs  
N.J.A.C. 2:36-1.1 et seq.  
See particularly:  
N.J.A.C. 2:36-1.7 Local school nutrition policy  
N.J.A.C. 6A:16-5.1(b) School safety plans  
N.J.A.C. 6A:23A-16.5 Supplies and equipment  
N.J.A.C. 6A:32-12.1 Reporting requirements  
N.J.A.C. 6A:32--14.1 Review of mandated programs and services  
N.J.A.C. 6A:23A-1 et seq. Accountability regulations  
  
 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

**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

## Riverbank Charter School of Excellence Wellness Policy

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# Riverbank Charter School of Excellence Wellness Policy

## Preamble

*Riverbank Charter School of Excellence* (hereto referred to as Riverbank) is committed to the optimal development of every student. *Riverbank* believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks.<sup>1,2,3,4,5,6,7</sup> Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students.<sup>8,9,10</sup> In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities – do better academically.<sup>11,12,13,14</sup>

This policy outlines *Riverbank's* approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students at Riverbank Charter School of Excellence have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of *Riverbank* in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- *Riverbank* establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

This policy applies to all students and staff at *Riverbank Charter School of Excellence*. *Riverbank* will coordinate the wellness policy with other aspects of school management, including the School Improvement Plan, when appropriate. *Riverbank* will also include any relevant data or statistics from state or local sources supporting the need for establishing and achieving the goals in this policy.

## I. School Wellness Committee

### ***Committee Role and Membership***

*Riverbank* will convene a representative wellness committee (hereto referred to as the DWC or work within an existing school health committee) that meets at least two times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this wellness policy (heretofore referred to as "wellness policy").

The DWC membership will represent various stakeholders and include (to the extent possible), but not be limited to: parents and caregivers; physical education teacher; health education teacher; school nurse; Lead Person, and Board of Trustees members.

### ***Leadership***

The Lead Person or designee(s) will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure the school's compliance with the policy.

The name(s), title(s), and contact information (email address is sufficient) of this/these individual(s) is:

<b>Name</b>	<b>Title</b>	<b>Email address</b>
Beth Kelley	Lead Person	kelley@riverbank.charter.k12.nj.us
Linda DeWitt	School Nurse	<a href="mailto:nurse@riverbank.charter.k12.nj.us">nurse@riverbank.charter.k12.nj.us</a>
Deborah Pontoriero	School Business Administrator	pontoriero@riverbank.charter.k12.nj.us
Jenean Swain	Board Member	jswain4@ymail.com
Charles Murray	Physical Education Teacher	murray@riverbank.charter.k12.nj.us
Jennifer Benstead	School Office Administrator	<a href="mailto:benstead@riverbank.charter.k12.nj.us">benstead@riverbank.charter.k12.nj.us</a>
Shannon Hagadorn	Teacher	hagadorn@riverbank.charter.k12.nj.us
Colleen Curly	Parent	

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy. Refer to Appendix A for a list of school level wellness policy coordinators.



## **II. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement**

### ***Implementation Plan***

*Riverbank* will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines, and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness. It is recommended that the school use the [Healthy Schools Program online tools](#) to complete a school level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation, and generate an annual progress report.

This wellness policy and the progress reports can be found at: <http://riverbank.charter.k12.nj.us>

### ***Recordkeeping***

*Riverbank* will retain records to document compliance with the requirements of the wellness policy in the main office. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit DWC membership from the required stakeholder groups; and (2) These groups' participation in the development, implementation, and periodic review and update of the wellness policy;
- Documentation of the triennial assessment\* of the policy;
- Documentation demonstrating compliance with public notification requirements, including: (1) Methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) Efforts to actively notify families about the availability of wellness policy.

### ***Annual Progress Reports***

*Riverbank* will compile and publish an annual report to share basic information about the wellness policy and report on the progress in meeting wellness goals. This annual report will be published around the same time each year, and will include information that will include, but is not limited to:

- The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy;
- A description of *Riverbank's* progress in meeting the wellness policy goals;
- A summary of events or activities related to wellness policy implementation;
- The name, position title, and contact information of the designated policy leader(s) identified in Section I; and
- Information on how individuals and the public can get involved with the DWC.

*Riverbank* will actively notify households/families of the availability of the annual report.

The DWC, will establish and monitor goals and objectives for *Riverbank* and for each of the content-specific components listed in Sections III-V of this policy.

### ***Triennial Progress Assessments***

At least once every three years, *Riverbank* will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which *Riverbank* is in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of *Riverbank's* wellness policy.

The people responsible for managing the triennial assessment and contact information are Debbie Pontoriero, School Business Administrator, and Linda DeWitt, school nurse and School District Wellness Committee Coordinator.

The DWC, will monitor *Riverbank's* compliance with this wellness policy.

*Riverbank* will actively notify households/families of the availability of the triennial progress report.

### ***Revisions and Updating the Policy***

The DWC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as *Riverbank* priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

### ***Community Involvement, Outreach, and Communications***

*Riverbank* is committed to being responsive to community input, which begins with awareness of the wellness policy. *Riverbank* will actively communicate ways in which representatives of DWC and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for that district. *Riverbank* will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. *Riverbank* will use electronic mechanisms, such as email or displaying notices on the school's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. *Riverbank* will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating other important school information with parents.

*Riverbank* will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. *Riverbank* will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

### III. Nutrition

#### ***School Meals***

*Riverbank* is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

*Riverbank* participates in USDA child nutrition programs, including the National School Lunch Program (NSLP). *Riverbank* is committed to offering school meals through the NSLP program, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (*Riverbank* offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using at least ten of the following [Smarter Lunchroom techniques](#):
  - Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans)
  - Sliced or cut fruit is available daily
  - Daily fruit options are placed on every student's plate
  - All available vegetable options have been given creative or descriptive names
  - Daily vegetable options are bundled into all grab and go meals available to students
  - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
  - White milk is supplied with every meal
  - Student surveys and taste testing opportunities are used to inform menu development, dining space decor, and promotional ideas
  - Student artwork is displayed in the service and/or dining areas
  - Daily announcements are used to promote and market menu options
  - *Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional.*
  - *Riverbank's child nutrition program will accommodate students with special dietary needs.*
  - *Students will be allowed at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.*
  - *Students are served lunch at a reasonable and appropriate time of day.*
  - *Lunch will follow the recess period to better support learning and healthy eating.*
  - *Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.*
  - *Riverbank will implement at least four of the following five Farm to School activities*
  - *Messages about agriculture and nutrition are reinforced throughout the learning environment;*
  - *School hosts field trips to local farms*

### ***Staff Qualifications and Professional Development***

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

### ***Water***

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. *Riverbank* will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day. Water cups/jugs will be available in the cafeteria if a drinking fountain is not present. All water sources and containers will be maintained on a regular basis to ensure good hygiene standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets, and other methods for delivering drinking water.

### ***Competitive Foods and Beverages***

*Riverbank* is committed to ensuring that all foods and beverages available to students at *Riverbank* during the school day support healthy eating. There are no foods or beverages sold outside of the school meal programs. If in the future there are, all foods and beverages will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at [www.healthiergeneration.org/smartsnacks](http://www.healthiergeneration.org/smartsnacks).

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards as well as will meet or exceed state nutrition standards.

### ***Celebrations and Rewards***

All foods offered at *Riverbank* will meet or exceed the USDA Smart Snacks in School nutrition standards as well as *will meet or exceed state nutrition standards*, including through:

1. Celebrations and parties. *Riverbank* will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas from the [Alliance for a Healthier Generation](#) and from the [USDA](#).
2. Classroom snacks brought by parents. *Riverbank* will provide to parents a [list of foods and beverages that meet Smart Snacks](#) nutrition standards; and
3. Rewards and incentives. *Riverbank* will provide teachers and other relevant school staff a [list of alternative ways to reward children](#). Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.



**Fundraising**

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers during the school day. *Riverbank* will make available to parents and teachers a list of healthy fundraising ideas [examples from the [Alliance for a Healthier Generation](#) and the [USDA](#)].

- *Riverbank* will encourage the use of non-food fundraisers, and encourage those promoting physical activity (such as walk-a-thons, jump rope for heart, fun runs, etc.).
- Fundraising during *and* outside school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards. This may include but is not limited to, donation nights at restaurants, cookie dough, candy and pizza sales, market days, etc.

**Nutrition Promotion**

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community.

*Riverbank* will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#); and
- Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards. Additional possible promotion techniques that *Riverbank* may use are available at [www.healthiergeneration.org/smartsnacks](http://www.healthiergeneration.org/smartsnacks).

**Nutrition Education**

*Riverbank* aims to teach, model, encourage, and support healthy eating by students. *Riverbank* will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;

- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services;
- Teach media literacy with an emphasis on food and beverage marketing; and
- Include nutrition education training for teachers and other staff.
- At Riverbank, nutrition education will be offered at each grade level as part of a sequential, comprehensive, standards-based health education curriculum that meets state and national standards.
- All health education teachers will provide opportunities for students to practice or rehearse the skills taught through the health education curricula.

### ***Essential Healthy Eating Topics in Health Education***

*Riverbank* will include in the health education curriculum the following essential topics on healthy eating:

- The relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using USDA's food labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers, and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

[USDA's Team Nutrition](#) provides free nutrition education and promotion materials, including standards-based nutrition education curricula and lesson plans, posters, interactive games, menu graphics, and more.

### ***Food and Beverage Marketing in Schools***

*Riverbank* is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. *Riverbank* strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on *Riverbank* property that contains messages inconsistent

with the health information *Riverbank* is imparting through nutrition education and health promotion efforts. It is the intent of *Riverbank* to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with *Riverbank's* wellness policy.

Any foods and beverages marketed or promoted to students at *Riverbank* during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards, as well as *New Jersey state nutrition standards*, such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

Food advertising and marketing is defined<sup>15</sup> as an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors.
- Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards (Note: immediate replacement of these items are not required; however, districts will consider replacing or updating scoreboards or other durable equipment over time so that decisions about the replacement include compliance with the marketing policy.)
- Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment; as well as on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by *Riverbank*.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests, or coupons of a product, or free samples displaying advertising of a product.

#### **IV. Physical Activity**

Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess, classroom-based physical activity, walk and bicycle to school, and out-of-school time activities and *Riverbank* is committed to providing these opportunities. *Riverbank* will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). *Riverbank* will be encouraged to participate in *Let's Move! Active Schools* ([www.letsmoveschools.org](http://www.letsmoveschools.org)) in order to successfully address all CSPAP areas.

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) will not be withheld as punishment. *Riverbank* will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.

To the extent practicable, *Riverbank* will ensure that its grounds and facilities are safe and that equipment is available to students to be active. *Riverbank* will conduct necessary inspections and repairs. *Riverbank* will ensure that inventories of physical activity supplies are known and, when necessary, will work with community partners to ensure sufficient quantities of equipment are available to encourage activity for as many students as possible.

### ***Physical Education***

*Riverbank* will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the “*Essential Physical Activity Topics in Health Education*” subsection).

All students will be provided equal opportunity to participate in physical education classes. *Riverbank* will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

*Riverbank* students will receive physical education, health and movement activities for *at least 150 minutes per week throughout the school year*. *Riverbank* students will be moderately to vigorously active for at least 90% of class time during most or all physical education class sessions. Waivers, exemptions, or substitutions for physical education classes are not granted.

### ***Essential Physical Activity Topics in Health Education***

*Riverbank* will include in the health education curriculum the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise, and fitness
- Phases of an exercise session, that is, warm up, workout, and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time, and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers, and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity



**Recess (Elementary)**

All elementary schools will offer at least 30 minutes of recess on all or most days during the school year (*This policy may be waived on early dismissal days*). Since recess is offered before lunch, *Riverbank* will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

**Outdoor recess** will be offered when weather is feasible for outdoor play. [*Students will be allowed outside for recess except when outdoor temperature is below 40 degrees F and above 95 degrees F, inclusive of wind chill factors, during storms with lightening or thunder, or at the discretion of the building administrator based on best judgment of safety conditions.*]

In the event that the school or district must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

**Physical Activity Breaks**

*Riverbank* recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. *Riverbank* recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

*Riverbank* will provide resources and links to resources, tools, and technology with ideas for physical activity breaks. Resources and ideas are available through [USDA](#) and the [Alliance for a Healthier Generation](#).

**Active Academics**

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies, and others) and do their part to limit sedentary behavior during the school day.

*Riverbank* will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

### ***Active Transport***

The District will support active transport to and from school, such as walking or biking. The District will encourage this behavior by engaging in *six or more* of the activities below; including but not limited to:

- Designation of safe or preferred routes to school
- Instruction on walking/bicycling safety provided to students
- Promotion of safe routes program to students, staff, and parents via newsletters, websites, local newspaper
- Crossing guards are used
- Crosswalks exist on streets leading to schools
- Documentation of number of children walking and or biking to and from school
- Creation and distribution of maps of school environment (e.g., sidewalks, crosswalks, roads, pathways, bike racks, etc.)

## **V. Other Activities that Promote Student Wellness**

*Riverbank* will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. *Riverbank* will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

*Riverbank* will coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the curriculum experts.

All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the DWC.

All school-sponsored events will adhere to the wellness policy. All school-sponsored wellness events will include physical activity opportunities.

### ***Community Partnerships***

*Riverbank* will *enhance, and continue* relationships with community partners (i.e. hospitals, universities/colleges, local businesses, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

### ***Community Health Promotion and Engagement***

*Riverbank* will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the “Community Involvement, Outreach, and Communications” subsection, *Riverbank* will use electronic mechanisms (such as email or displaying notices on the website), as well as non-electronic mechanisms, (such as newsletters, presentations to parents, or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

#### ***Staff Wellness and Health Promotion***

The DWC will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources, and performs other functions that support staff wellness in coordination with human resources staff. The subcommittee leader's name is Linda DeWitt, school nurse.

*Riverbank* will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. *Riverbank* promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

*Riverbank* will use a healthy meeting policy for all events with available food options, created by the DWC or one that currently exists that optimizes healthy food options with a variety of choices and selections of healthy foods for a variety of dietary needs.

#### ***Professional Learning***

When feasible, *Riverbank* will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help *Riverbank* staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

***Glossary:***

**Extended School Day** - time during before and afterschool activities that include clubs, intramural sports, band and choir practice, drama rehearsals, etc.

**School Campus** - areas that are owned or leased by the school and used at any time for school-related activities such as the school building or on the school campus, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields, and stadiums (e.g. on scoreboards, coolers, cups, and water bottles), or parking lots.

**School Day** - midnight the night before to 30 minutes after the end of the instructional day.

**Triennial** – recurring every three years.

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# **New Jersey School Nutrition Policy – Questions and Answers**

## **FOR ALL GRADE LEVELS:**

**Items that are prohibited to be served, sold or given out as free promotion anywhere on school property at anytime before the end of the school day:**

### **1) Foods of minimal nutritional value (FMNV) as per USDA definition.**

*Q: What are the specific FMNV defined by USDA?*

*A: Soda water, water ices, chewing gum, hard candy, jellies and gums, marshmallow candies, fondants, licorice, spun candy, and candy coated popcorn.*

*Q: Can items on the USDA FMNV exemption list be sold?*

*A: Yes, but only if they meet the NJ policy standards. The exemption list can be found under the memos/ forms section of the reimbursement voucher website (#16)*

### **2) All food and beverage items listing sugar, in any form, as the first ingredient.**

*Q: What are the forms of sugar that might be listed?*

*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.*

*Q: What if the first ingredient listed is a component of the product, such as “filling”?*

*A: The label will then define the ingredients in the filling, usually in parenthesis immediately following the word filling. If the first ingredient of the filling is a sugar, then the product cannot be sold. [Example: Ingredients: Filling (high fructose corn syrup, corn syrup, apple puree concentrate, etc.)]*

*Q: Can products that contain artificial sweeteners be sold?*

*A: Yes. However, due to limited research on possible long-term effects of artificial sweeteners, the Division does not recommend their use.*

*Q: Does this sugar restriction apply to items offered as a reimbursable meal component?*

*A: Yes. The sugar standard applies to meal components and to all other food or beverage items.*

### **3) All forms of candy.**

*Q: Are gummy fruit snacks considered to be candy?*

*A: Yes. These products cannot be served or sold.*

*Q: Does this restriction apply to school fundraisers?*

*A: Yes. Candy cannot be sold on school property during the school day. However, it is acceptable to distribute items that have been sold off school property for students to take home. Schools are encouraged to seek other products to sell for fundraising in order to give a consistent message to their students.*

## **Snack and beverage standards, including those served in the After School Snack Program**

**1) No more than 8 grams of total fat per serving, with the exception of nuts and seeds.**

**2) No more than 2 grams of saturated fat per serving.**

*Q: What is the definition of a snack?*

*A: A snack is considered to be a small portion of food eaten to supplement meals, meal components and entrees.*

*Q: Are these standards based on the contents of a package or on a serving size?*

*A: The standards are based on the serving size. Nutritional information on the nutrient facts labels is always based on serving size.*

*Q: Can packaged items containing more than one serving per package/container be sold?*

*A: Yes, as long as the product meets the fat and saturated fat standards per serving. However, the Division recommends that schools try to be consistent with using only single size serving packages/containers.*

*Q: Are there resources available to identify snacks and beverages that meet these standards?*

*A: Yes. Many companies have already developed snacks to meet the standards. Contact the vendor, company website or local sales representative for the availability of products and nutrition information.*

*Q: Do school baked desserts have to meet the fat standards, also?*

*A: Yes, the recipes used must be nutritionally analyzed and schools may not serve baked desserts that exceed the Policy fat standards, per serving.*

*Q: Since nuts and seeds are exempt from the fat standard, would products that contain nuts or seeds, such as granola bars with nuts, also be exempt from this standard?*

*A: No. This exemption only applies to nuts and seeds in their natural or shelled state.*

*Q: Why do these standards apply to snacks provided as an after school snack, if this policy is only applicable to items sold or served during the school day?*

*A: The standards apply to snacks served within the federally funded After School Snack Program because this is a reimbursable program under the jurisdiction of the NJ Department of Agriculture.*

*Q: Do these standards apply to the school meal components?*

*A: No. The standards are for snacks and beverages. The school meals are already required to meet nutritional standards established by the US Department of Agriculture.*

*Q: Can a reimbursable meal component that may not meet the policy's standards, such as French fries or peanut butter and jelly sandwiches, be sold a la carte?*

*A: Yes, as long as the item is sold in the same portion size as offered in the meal. The Division strongly recommends that every effort be made to select menu items that are lower in fat and saturated fat, as recommended by the U.S. Dietary Guidelines.*



**3) Beverage sizes, other than water, or other than milk containing 2 percent or less fat, shall not exceed twelve (12) ounces.**

Q: Why are beverages being restricted in size?

A: Oversized portions encourage students to consume more calories, which can contribute to them becoming overweight and undernourished. Larger drinks may replace calories that could otherwise be consumed from eating healthier foods.

Q: Since 100% juice is considered a healthy beverage option, why is it being restricted in size?

A: Although 100% juices proved a good source of vitamins, current research recommends limiting the quantities of these beverages for children because of their naturally high sugar content.

**4) Whole milk shall not exceed 8 ounces.**

Q: Why is whole milk restricted to an 8- ounce portion?

A: The Dietary Reference Intake recommends that children consume no more than 25-35% of calories from fat. Because of the high fat content of whole milk, larger portions could easily result in exceeding these recommendations.

Q: Does this apply to all flavors of whole milk?

A: Yes. However, any flavor of milk that contains 2% or less fat may be offered in any size.

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

Q: Does this trans fat recommendation apply to oil used in fryers?

A: Yes. Every effort should be made to reduce the use of any products containing trans fats. Labeling for trans fat content will be mandatory by January 2006.

**FOR ELEMENTARY SCHOOLS:**

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

Q: Can flavored waters, either naturally or artificially sweetened, be sold?

A: Yes, any type of water may be sold. However, the Division strongly recommends that schools examine the products' ingredient and nutrient facts labels and limit the offering of waters containing sugars and artificial sweeteners.

Q: Can individual portion pack mixers (liquid or powder form) designed to be added to water, be sold?

A: No, not in elementary schools.

Q: Can sparkling waters be sold?

A: Yes, only if USDA has exempted the product from being classified as a Food of Minimal Nutritional Value (FMNV). Again, though, the Division strongly recommends that schools limit the offering of waters that contain added sugars or artificial sweeteners.



**FOR 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.**

*Q: When determining these percentages of beverages offered, do standard principles of rounding apply?*

*A: No. Refer to the Division's Beverage Reference Chart for determining the mix of beverages that can be offered. The chart will be posted on the Division's reimbursement voucher website.*

*Q: If the district offers the following products: peach tea, lemon tea, raspberry tea, and diet lemon tea, would that count as one variety toward the 60%/40% beverage standard?*

*A: No, it would not count as one variety. Each tea would be considered a flavor/variety, thus, in that scenario the district would have four varieties.*

*Q: Does this 60/40 percent mix of beverages apply to the entire school, or to each location where beverages are offered?*

*A: Each location (i.e. serving line, vending machine, store) must apply the 60/40 percent mix of beverages.*

*Q: Can individual portion pack mixers (liquid or powder form) designed to be added to water, be sold?*

*A: Yes, but they must be included as part of the 40% of "other" beverages that can be offered.*

*Q: Can coffee be sold or served?*

*A: Yes. Coffee would be part of the 40% of "other" beverages that a school could sell.*

*Q: Are milkshakes and smoothies considered to be beverages?*

*A: Yes. They must meet the beverage standards within the Policy.*

- **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.**

*Q: When calculating the 40% of "other" ice cream products that can be offered, do standard principles of rounding apply?*

*A: No. Refer to the Division's Ice Cream Reference Chart for determining the mix of items that can be offered. The chart will be posted on the Division's reimbursement voucher website.*

#### EXCEPTIONS TO THE NUTRITION STANDARDS:

- **Food and beverages served during special school celebrations or during curriculum related activities, except for Foods of Minimal Nutritional Value as defined by USDA.**

Q: *Can teachers use food for incentives or rewards?*

A: *Yes, but the items must meet the policy's standards. The Division recommends that teachers not use food in this way, but rather that they find alternatives such as stickers or tokens that can be redeemed for prizes. Research has shown that using food items for rewards can negatively impact students' healthy attitudes toward eating. (Fit, Healthy, and Ready to Learn: A School Health Policy Guide, Part 1, Chapter E, pages 15-16).*

Q: *What is considered to be a special school celebration or a curriculum related activity?*

A: *An example of a school celebration would be a classroom party for a student's birthday celebration or for a special holiday. An examples of a curriculum related activity would be a lesson on foods from other cultures, where food items related to a particular culture may be prepared/tasted by the class.*

Q: *Can candy be given to the students in the classrooms on Halloween or for other holidays?*

A: *Yes, as a classroom celebration, except for candies that are included in the USDA's list of Foods of Minimal Nutritional Value. However, the Division strongly recommends that teachers look for healthier options to offer their students as much as possible, to give the students a consistent message throughout the school environment.*

- **Medically authorized special needs diets and items given during the course of health care or as part of a student's Individualized Education Plan (IEP).**

Q: *What are some examples of this exception?*

A: *Cough drops given by a nurse; a high sugar product given to a diabetic student who's sugar has dropped too low; candy given for behavior modification for a special needs student, per the student's IEP.*

#### OTHER RELATED POLICY STANDARDS:

- **Incorporate nutrition education and physical activity consistent with the New Jersey Department of Education Core Curriculum Standards.**

Q: *Who will be monitoring for compliance with these curriculum standards?*

A: *The NJ Department of Education during their regular education monitoring of school districts.*

- **Allow adequate time for student meal service and consumption.**

Q: What is considered “adequate time”?

A: The National Association of School Boards of Education (NASBE) recommends 10 minutes, after the student is served, for consuming breakfast and 20 minutes, after the student is served, for consuming lunch. (*Fit, Healthy, and Ready to Learn: A School Health Policy Guide*, Part 1, Chapter E, page 18).

- **Whenever possible, schedule physical education or recess before lunch.**

Q: What if the school facility is not large enough to allow for this?

A: The Division realizes that this may not always be possible to do. Research has shown that students eat better when recess is scheduled before lunch and the Division encourages schools to do this whenever possible.

- **Promote the Policy with all food service personnel, teachers, nurses, coaches and other school administrative staff.**

Q: Why do all these people have to be involved with the policy?

A: Successful implementation of this policy, to provide a healthier environment for students, requires cooperation from everyone in the school. The goal is to provide a consistent, healthy message to students throughout the school environment, not just in the cafeteria.

- **Expand awareness about this policy among students, parents, teachers and the community at large.**

Q: Why should the community be involved?

A: It is important that a consistent message of healthier eating and increased physical activity is given to students not only in school, but also outside of school hours. Informing parents and the community of standards used in school will help to garner their support for carrying out the goals of this policy into their home and community lives as well.

#### OTHER REGULATORY Q & A'S

##### **Timeline:**

Q: When does this policy have to be in place?

A: A local nutrition policy must be in place by September 2006. A policy consistent with the Department's Model School Nutrition Policy must be adopted by September 2007.

### **The effect of the regulations:**

**Q:** Which schools must follow these new regulations?

**A:** The regulations apply to all public and non-public schools that participate in any of the federally funded child nutrition programs, and to any other public schools that have 5% or more students eligible for free or reduced price meals.

**Q:** Why don't the regulations apply to all New Jersey schools?

**A:** Schools with less than 5% students eligible for free or reduced price meals are not required to offer school meals. Therefore, if these schools choose not to participate in any of the federally funded Child Nutrition programs, the Department does not have the authority to regulate in this area. It would be a local choice of whether or not to follow the nutrition standards within these regulations.

**Q:** Do the regulations apply on a school by school or a district-wide basis if the district has some schools that participate in the federal Child Nutrition Programs and others that do not?

**A:** If some schools within a district do not participate in any of the federal Child Nutrition Programs, and they do not have 5% or more students eligible for free or reduced price meals, then those schools would not have to follow the standards in these regulations. However, the Division advises districts to be consistent and have a uniform policy for all schools within the district.

**Q:** If a school is only in the Special Milk Program, do these regulations apply?

**A:** Yes. They apply to schools that participate in any of the federally funded Child Nutrition Programs.

**Q:** How do the standards apply to items available to teachers or other school staff?

**A:** Food or beverage items available to school staff are not bound by the standards in this policy, as long as they are located in an area that is not accessible to students. However, the Division recommends that school staff set the example for students to provide a consistent message of healthier eating habits.

**Q:** Do the standards apply to vending machines or school stores located outside of the cafeteria area?

**A:** Yes. The standards apply to all snack and beverage items sold or served anywhere on school property.

**Q:** *Do the standards apply to food or beverage items sold at sports events?*

**A:** *No, as long as the events are after the end of the academic school day. The standards do not apply to items sold after the end of the school day. However, the Division recommends that local Boards of Education consider regulating further during these times to provide a consistent message to students.*

**Q:** *Do the standards apply to items students bring in from home?*

**A:** *No. These standards only apply to items made available to students by or through the school. Items brought from home would not be bound by these standards, unless the local board of education chooses to further regulate in this area.*

**Q:** *How does this policy apply to schools containing grades K-8?*

**A:** *If the middle school students can be segregated, then the middle school standards can be used for those students. If all students are integrated during meal service, then the elementary standards must be used for everyone. Vending machines accessible to all students in other areas of the schools would need to comply with the elementary standards.*

**Regulatory compliance:**

**Q:** *How will schools be monitored for compliance with these regulations?*

**A:** *Districts will be required to submit a copy of their Nutrition Policy, approved by the Board of Education, with their school nutrition program application packet each year, beginning with the 06-07 packet. Compliance with the regulations will be monitored during the administrative review process.*

**Q:** *Can schools use the Model School Nutrition Policy as their Local Wellness Policy required by USDA?*

**A:** *Yes. The New Jersey Model School Nutrition Policy meets all of the requirements for USDA's Local Wellness Policy regulation.*

**Q:** *By September 2007, must schools adopt the Model Policy exactly as written?*

**A:** *Yes. Local districts may adopt additional or stricter standards, but may not establish any standards less restrictive than in this Policy.*

**Q:** *Is there any exception for schools that are currently under a beverage contract?*

**A:** *No, the implementation dates for these regulations allow sufficient time for applying the standards within the Model Policy.*