

School Wellness/Nutrition Policy

Introduction

The School 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 School recognizes and acknowledges that, "schools cannot achieve their primary mission of education if students and staff are not physically, mentally and socially healthy." The School believes that schools should provide a campus-wide environment where students are taught healthy eating and physical activity knowledge, skills, and values. In addition, the campus-wide environment should provide ample opportunity to practice these skills on a daily basis. The eating habits of our school children must be just as important an indicator of success as academic and athletic achievements of our students, especially when good nutrition advances academic and athletic performance.

The School is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement. Specifically, the School 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.
- Providing students with the opportunity to engage in daily physical activity.

Federal laws and NJ State regulations have been adopted to help schools address and deal with the complex problem of obesity. By September 2006, each local education agency participating in a lunch program (authorized by the Richard B. Russell National School Lunch Act (42 U.S.C.1751 et seq.) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.)), has been required to adopt and establish a local school wellness and nutrition policy. Further, by September 2007, each local education agency participating in a lunch program was required to implement a policy consistent with the New Jersey Department of Agriculture's Model School Nutrition Policy.

In response to these requirements, this Wellness/Nutrition Policy was developed by The School, in collaboration with school administrators, representatives of the school food service program, board members, and school nurses.

Nutrition Education

Every year, all students, Pre-K-12, shall receive nutrition education that is aligned with the *New Jersey Core Curriculum Standards*. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall have the appropriate training.

Nutrition Standards

The School shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations.¹ The School shall encourage students to make nutritious food choices.

The School shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs. The School shall consider nutrient density² and portion size before permitting food and beverages to be sold or served to students.

This policy does not apply to medically authorized special needs diets pursuant to 7 CFR Part 210, school nurses using FMNVs during the course of providing health care to individual students or special needs students whose 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.

Physical Education and Physical Activity Opportunities

The School shall offer physical education opportunities that include the components of a quality physical education program.³ Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Physical education instruction shall be aligned with the *New Jersey Core Curriculum Standards*.

Every year, all students, Pre-K-12, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short- and long-term benefits of a physically active and healthy lifestyle.

¹ Title 7—United States Department of Agriculture, Chapter ii - Food and Nutrition Service, Department of Agriculture, Part 210 - National School Lunch Program.
http://www.access.gpo.gov/nara/cfr/waisidx_04/7cfr210_04.html

² Nutrient dense foods are those that provide substantial amounts of vitamins and minerals and relatively fewer calories. Foods that are low in nutrient density are foods that supply calories but relatively small amounts of micronutrients (sometimes not at all).
http://www.health.gov/dietaryguidelines/dga2005/report/HTML/G1_Glossary.htm

³ Including goals for physical activity is required by federal law Section 204 of Public Law 108-265. Physical education, while recommended, is not required.
<http://www.fns.usda.gov/tn/Healthy/108-265.pdf>

Other School-Based Activities Designed to Promote Student Wellness

The School may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

Implementation and Measurement

The School shall implement this policy and measure how well it is being managed and enforced. The School shall develop and implement administrative rules consistent with this policy. Input from teachers (including specialists in health and physical education), school nurses, parents/guardians, students, representatives of the school food service program, school board members, school administrators, and the public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The school administration shall report to the Board of Trustees, as requested, on The School's programs and efforts to meet the purpose and intent of this policy.

Administrative Rules Regarding The School Wellness/Nutrition Policy

In order to enact and enforce The School Wellness/Nutrition Policy, the school administration, with input from teachers (including specialists in health and physical education), parents/guardians, students, representatives of the school food service program, and school board members, will have developed these administrative rules.

To assist in the creation of a healthy school environment, The School shall establish a Coordinated School Health Team⁴ that will provide an ongoing review and evaluation of The School Wellness/Nutrition Policy and these administrative rules.

The Executive Director appoint a member of the administrative staff of The School to organize the Coordinated School Health Team and invite appropriate stakeholders to become members of the Coordinated School Health Team. A Coordinated School Health Team may include representatives from the following areas:

- Administration.
- Counseling/psychological/and social services.
- Food services.
- Health education.
- Health services.
- Parent/guardian, student and community (including health care providers, hospital and public health department staff, non-profit health organizations, physical activity groups, community youth organizations, and university or other governmental agencies).
- Physical education.

(Note: An existing committee may assume the responsibility of the Coordinated School Health Team.)

⁴ Centers for Disease Control's Coordinated School health web site:
<http://www.cdc.gov/HealthyYouth/CSHP/index.htm>.

Staff shall be reminded that healthy students come in all shapes and sizes. Students should receive consistent messages and support for:

- Self respect.
- Respect for others.
- Healthy eating.
- Physical activity.

These rules are subject to ongoing administrative review and modification as necessary to help assure compliance with the purpose and intent of The School Wellness/Nutrition Policy. Any stakeholder wishing to express a viewpoint, opinion, or complaint regarding these rules should contact:

Executive Director
The Learning Center Business Office
308 Colfax Avenue
Clifton, New Jersey 07013
Phone: 973-685-9554
Fax: 973-685-9556

Students, staff, and community will be informed about the Local Wellness Policy annually.

Nutrition Education

Nutrition education, a component of comprehensive health education, shall be offered every year to all students of The School. The School may offer age-appropriate nutrition education classes. In addition, nutrition education topics shall be integrated into the entire curriculum when appropriate.

The School shall implement a quality nutrition education program that addresses the following:

Curriculum:

- Has a curriculum aligned with the *New Jersey Core Curriculum Standards*.
- Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior.

Instruction and Assessment:

- Aligns curriculum, instruction, and assessment.
- Builds students' confidence and competence in making healthy nutrition choices.
- Engages students in learning that prepares them to choose a healthy diet.
- Includes students of all abilities.

Opportunity to Learn:

- Includes students of all abilities.
- Provides adequate instructional time to build students' confidence and competence in health-enhancing skills.

Nutrition education should also be made available to parents/guardians and the community. This nutrition education may be provided in the form of handouts, wall or bulletin board posters or banners, postings on The School website, community and student oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.

Nutrition Standards

The School shall offer school meal programs with menus meeting the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA) Child Nutrition Program regulations. The School shall encourage students to make food choices based on the most current Dietary Guidelines for Americans. Food and beverages that compete with The School's policy of promoting a healthy school environment shall be discouraged. All items served as part of any After School Snack Program shall meet the standards as outlined within this policy.

Each school building in The School shall offer and promote the following food and beverages in all venues outside federally regulated child nutrition programs:

- Whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes consistent with the current USDA standards.
- Fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques, and 100 percent fruit or vegetable juice in 12-ounce servings or less.
- Nonfat, low-fat, plain and/or flavored milk and yogurt, nonfat and/or low-fat real cheese, rather than imitation cheese. Offer the following serving sizes: yogurt in eight-ounce servings or less, milk in 16-ounce servings or less, cheese in 1.5-ounce (two-ounce, if processed cheese) servings or less.
- Nuts, nut butters, seeds, trail mix, and/or soybean snacks in one-ounce portions or less; portions of three ounces or less of cooked lean meat, poultry, or fish using healthy food preparation techniques.
- Accompaniments (sauces, dressings, and dips), if offered, in one-ounce servings or less.

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

- Foods of minimal nutritional value (FMNV) as defined by U.S. Department of Agriculture regulations (see Appendix G), subject to any established exemptions;
- All food and beverage items listing sugar, in any form, as the first ingredient;
- All forms of candy.
- Each campus shall reduce the purchase of any products containing trans fats. Federal labeling of trans fats on all food products is required by January 1, 2006.

All snack and beverage items sold or served anywhere on school property during the school day, including items sold in a la carte lines, vending machines, snack bars, school stores and fundraisers or served in the reimbursable After School Snack Program, shall meet the following standards:

1) Based on 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% or less fat.

3) Whole milk shall not exceed 8 ounces.

In elementary schools:

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

In middle and high schools:

- At least 60% of all beverages offered, other than milk and water, shall be 100% fruit or vegetable juices.

- No more than 40% of all ice cream/frozen desserts shall be allowed to exceed the above standards for sugar, fat, and saturated fat.

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 USDA regulations.

The School shall discourage using food as a reward. Alternatives to using food as a reward are found in Appendix A.

The School shall encourage serving healthy food at school parties. Notices shall be sent to parents/guardians either separately or as part of a school newsletter, reminding them of the necessity of providing healthy treats for students and/or encouraging the use of non-food treats for classroom birthday or award celebrations. (See Appendix B.)

The School shall encourage healthy fundraisers as alternatives to fundraising that involve selling food items of limited nutritional value, such as candy, cupcakes, or sugary beverages. Example: Sales of candy items (candy bars, sugar coated chocolate snacks, or the like) as a school or grade-level fundraising project should be replaced with non-food items such as candles, wrapping paper, greeting cards, etc. (See Appendix C.)

For suggestions on healthier foods, see Appendix D. For the federal law memorandum stating, "it is not permissible for a school to serve foods of minimal nutritional value during a meal service period..." refer to the following link: <http://www.fns.usda.gov/cnd/Governance/Policy-Memos/2001-01-16.pdf>.

Physical Education and Physical Activity Opportunities

Developmentally appropriate physical education shall be offered every year to all students of The School. In addition, physical education topics shall be integrated into the entire curriculum when appropriate.

The School shall implement a quality physical education program that addresses the following:
Curriculum:

- Equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
- Has a curriculum aligned with the *New Jersey Core Curriculum Standards*.
- Influences personal and social skill development.

Instruction and Assessment:

- Aligns curriculum, instruction, and assessment.
- Builds students' confidence and competence in physical abilities
- Engages students in curriculum choices that prepare them for a wide variety of lifetime activities.

- Includes students of all abilities.
- Keeps all students involved in purposeful activity for a majority of the class period.

Opportunity to Learn:

- Builds students' confidence and competence in physical abilities.
- Has a teacher-to-student ratio consistent with those of other subject areas and/or classrooms.
- Has enough functional equipment for each student to actively participate.
- Includes students of all abilities.
- Offers instructional periods aligned with the *New Jersey Core Curriculum Standards*.
- Provides facilities to implement the curriculum for the number of students served.

The School should offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students Pre-K through grade six. Recess should be in addition to physical education class time and not be a substitute for physical education. Each campus shall provide proper equipment and a safe area designated for supervised recess in the elementary setting. School staff should not withhold participation in recess from students or cancel recess to make up for missed instructional time. Each campus should provide opportunities for some type of physical activity for students in grades seven through twelve apart from physical education class and organized sports. Physical activity opportunities might include: before- and after-school extracurricular physical activity programs, and use of school facilities outside of school hours.

Other School-Based Activities Designed to Promote Student-Wellness

The School shall strive to create a healthy school environment that promotes healthy eating and physical activity. In order to create this environment, the following activities shall be implemented:

Dining Environment

- The School shall provide:
 - a clean, safe, enjoyable meal environment for students,
 - enough space and serving areas to ensure all students have access to school meals with minimum wait time,
 - drinking fountains in all schools, so that students can get water at meals and throughout the day,
 - encouragement to maximize student participation in school meal programs, and
 - identity protection of students who eat free and reduced-price meals.

Time to Eat

- The School shall:
 - ensure adequate time for students to enjoy eating healthy foods with friends in schools,
 - ensure that lunch time is scheduled as near to the middle of the school day as possible, and
 - to the extent possible, strive to schedule recess for elementary schools before lunch so that children will come to lunch less distracted and ready to eat (see Appendix E).

Food or Physical Activity as a Reward or Punishment

- The School shall:
 - prohibit the use of food as a reward or punishment in schools (see Appendix A),
 - not deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time,
 - not use physical activity as a punishment, and
 - encourage using physical activity as a reward, such as teacher or principal walking or playing with students at recess (see Appendix E).

Consistent School Activities and Environment

- The School shall:
 - encourage that all school fundraising efforts support healthy eating and physical activity (see Appendix C),
 - provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education,
 - make efforts to keep school or district-owned physical activity facilities open for use by students outside school hours,
 - encourage parents/guardians, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home,
 - encourage and provide opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas,
 - provide information and outreach materials about other Food and Nutrition Service programs such as Food Stamps, and Women, Infants, and Children (WIC) to students and parents/guardians,
 - encourage all students to participate in school meal programs, (i.e., the National School Lunch, including snacks for After School Program, and School Breakfast programs), and
 - implement physical activity across the curriculum throughout the school day or in all subject areas, for example, Brain Breaks (see Appendix E).

Implementation and Measurement

All employees of The School are encouraged to be a positive healthy lifestyle role model for students by following, at a minimum, these administrative rules. Students can learn healthy lifestyle habits by observing the food and physical activity patterns of school personnel and other adults who serve as role models in their lives. In order to send consistent messages to students, all adults in the school environment are encouraged to make healthy food choices and engage in physical activity. The School shall work through its Coordinated School Health Team and building level staff to find cost effective ways to encourage staff wellness.

Wellness/Nutrition Policy Writing and Review Team Members

- James Osella, Executive Director
- Julie Pitrelli, Lunch Program Coordinator
- Jackie Kartanos, Principal
- Cindy Cochran, Behaviorist
- Jason Colatrella, Social Worker
- Tony Buonauro, Assistant, Supervisor of C&I
- Beth Field, School Nurse
- Josefa Olsen, School Nurse
- Sacha Pouliot, Physical Education Assistant
- Betty Campos, Food Service Provider
- Caridad Prieto, Food Service Provider

The School is committed to promoting the Wellness/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 School will work toward expanding awareness about this policy among students, parents, teachers and the community at large.

The New Jersey School Nutrition Policy – Questions and Answers – form may be found in Appendix F.

Alternatives To Using Food As A Reward

At school, home, and throughout the community kids are offered food as a reward for "good" behavior. Often these foods have little or no nutritional value but are easy, inexpensive, and can bring about short-term behavior change.

There are many disadvantages to using food as a reward:

- ◆ It undermines nutrition education being taught in the school environment.
- ◆ It encourages over-consumption of foods high in added sugar and fat.
- ◆ It teaches kids to eat when they're not hungry as a reward to themselves.

Kids learn preferences for foods made available to them, including those that are unhealthy.¹ Poor food choices and inadequate physical activity contribute to overweight and obesity. Currently, obesity among kids is at epidemic levels and can often lead to serious health problems.²

1. Birch LL. Development of Food Preferences. Annu. Rev. Nutr. 1999; 19:41-62.

2. Ogden CL, Flegal KM, Carroll MD, and Johnson CL. Prevalence and Trends in Overweight Among US Children and Adolescents, 1999-2000. JAMA, October 9, 2002 Vol 288, No. 14.

Students Learn What They Live

Kids naturally enjoy eating healthy and being physically active. Schools and communities need to provide them with an environment that supports healthy behaviors. Below are some alternatives for students to enjoy instead of being offered food as a reward at school.

ZERO-COST ALTERNATIVES

- ◆ Sit by friends ◆ Watch a video
- ◆ Read outdoors ◆ Teach the class
- ◆ Have extra art time ◆ Enjoy class outdoors
- ◆ Have an extra recess ◆ Play a computer game
- ◆ Read to a younger class ◆ Get a no homework pass
- ◆ Make deliveries to the office
- ◆ Listen to music while working
- ◆ Play a favorite game or puzzle
- ◆ Earn play money for privileges
- ◆ Walk with a teacher during lunch
- ◆ Eat lunch outdoors with the class
- ◆ Be a helper in another classroom
- ◆ Eat lunch with a teacher or principal
- ◆ Dance to favorite music in the classroom
- ◆ Get "free choice" time at the end of the day
- ◆ Listen with a headset to a book on audiotape
- ◆ Have a teacher perform special skills (i.e. sing)
- ◆ Have a teacher read a special book to the class
- ◆ Give a 5-minute chat break at the end of the day

LOW-COST ALTERNATIVES

- ◆ Select a paperback book
- ◆ Enter a drawing for donated prizes
- ◆ Take a trip to the treasure box (non-food items)
- ◆ Get stickers, pencils, and other school supplies
- ◆ Receive a video store or movie theatre coupon
- ◆ Get a set of flash cards printed from a computer
- ◆ Receive a "mystery pack" (notepad, folder, sports cards, etc.)

IDEAS FROM MICHIGAN TEACHERS

GAME DAY: "I have my students earn letters to spell game day...after the letters have been earned, we play reading or phonics-type board games. The kids beg for Game Day!"

FRIDAY FREE TIME: "I give my students thirty minutes at the beginning of the week and they can earn or lose free time according to their behavior. I use a timer and turn it on (they can hear it) if they are too loud working, lining up, etc. I add time when their behavior is good. Adding time is the most effective. I save time by not waiting for them to settle down so I don't feel bad about the free time."

Adapted from a project funded by Michigan Department of Community Health's Cardiovascular Health, Nutrition & Physical Activity Section at Lincoln Elementary School in South Haven, Michigan. Lincoln Elementary is a Team Nutrition school. For more information about Team Nutrition contact Chris Flood at 269-639-0002 or go to www.tn: fcs.msue.msu.edu.

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Healthy School Parties

Schools can play a major role in helping students become fit, healthy and ready to learn. One way to accomplish this is for foods offered in schools to support lessons learned in the classroom regarding nutrition and physical activity. What better venue than schools—which have a great impact on children—to support the message that proper nutrition and physical activity are a key part of a healthy lifestyle? Positive examples of making healthy eating choices and encouraging physical activity should be visible throughout the school. Parties as well as cafeterias, school stores, vending machines, and after-school events offer opportunities for schools to reinforce the message that making healthy food choices and being physically active means a healthier body and a sharper mind.

Snack Ideas for School & Classroom Parties

Of course, the foods offered at school parties should add to the fun, but try to avoid making them the main focus. Remember, schools are responsible for helping students learn lessons about good nutrition and healthy lifestyles and students should practice these lessons during school parties. For example, consider combining student birthday parties into one monthly event that incorporates physical activities as well as healthy snacks. Also, be sure to consider ethnic and medical food restrictions and allergies when providing classroom snacks.

Here is a list of healthy snack choices to consider for classroom events. Serving all healthy foods and incorporating physical activities make a powerful statement. Actions speak louder than words: Lead by example.

- ◆ Fresh fruit and vegetables –
Buy locally when possible.
- ◆ Yogurt
- ◆ Bagels with lowfat cream cheese
- ◆ Baby carrots and other vegetables
with lowfat dip
- ◆ Trail mix*
- ◆ Nuts and seeds*
- ◆ Fig cookies
- ◆ Animal crackers
- ◆ Baked chips
- ◆ Lowfat popcorn
- ◆ Granola bars*
- ◆ Soft pretzels and mustard
- ◆ Pizza (no extra cheese and no more than one meat)
- ◆ Pudding
- ◆ String cheese
- ◆ Cereal bar
- ◆ Single-serve lowfat or fat free milk (regular or flavored)
- ◆ 100% fruit juice (small single-serves)
- ◆ Bottled water (including flavored water)

*May be allergens and/or a choking risk for some people, please check with a health care provider.

Note: See "Recipes" in the Resources by Topic section.



Smart Fundraisers for Today's Healthy Schools

Raising money may present a constant challenge for schools. School fundraisers may help pay for computers, field trips, athletics, music, art, and other programs that educate and enrich young lives – important programs that are not always covered by shrinking school budgets. More than just raising money to pay for valuable programs, a well-run fundraiser can also be an experience that educates, builds self-esteem, provides community service, and promotes school and community spirit.

Fundraising doesn't have to involve selling food items of limited nutritional value, such as candy. Following are web sites and fundraising ideas that offer alternatives to selling candy. When healthy food choices are used as fundraising items, the healthy eating message presented in the schools is reinforced. Some of the ideas even have the added benefit of providing additional physical activity opportunities for students.

Take a look and help your school select a creative fundraising alternative to selling foods of limited nutritional value.

Search the Web

Select a search engine and type in "school fundraisers" to access 112,000+ sites.

A few of these sites follow:

- **www.afrds.org/homeframe.html**
Association of Fund-Raising Distributors and Suppliers. Site includes a Toolbox with "Fundraising Fundamentals," a checklist for evaluating fundraising companies, and a resource on product fundraising issues and trends.
- **www.PTOtoday.com**
Lists fundraising activities by categories, has a "work vs. reward" equation, contains a parent sharing section on "what works, what doesn't and why."
- **www.fundraising-ideas.com**
Offers a free newsletter with programs, services, and press releases. Links to www.amazon.com with books on fundraising.



Healthy Choices In All Venues

Recommendations for Serving Healthy Beverages

The following beverages are recommended:

- ◆ Plenty of water
- ◆ 100% juice in 12-ounce servings* or less
- ◆ Fat free, lowfat, plain and/or flavored milk in 16-ounce servings* or less
- ◆ Fruit/fruit juice smoothies in 16-ounce servings* or less

Choosing Your Drinks Can Be Difficult! Watch Out For:

- ◆ Fruit punches
- ◆ Fruit drinks
- ◆ Juice drinks

These are NOT 100% juice!

*Suggested serving-sizes are based on what is commonly available for use in vending machines. It should be noted that excessive juice consumption may result in an increase in calorie intake and may contribute to the development of unhealthy weight. It should also be noted that 70% of teen boys and 90% of teen girls do not meet daily calcium requirements. Offering fat free or lowfat single-serve milk is another opportunity to help teens meet their nutrition needs. (Refer to Healthy Food and Beverages Policy for additional rationale).

Read the label!
To determine if a food or beverage
meets the criteria, use the Nutrition
Facts label on the package.



Physical Education and Activity Resources

Cross-Curricular Instruction: Integrating Physical Activity into Classroom subjects:

Cross-curricular integration of lessons will help students to see connections among the subject areas and provide opportunities for teachers to work together. Below are several ideas for integrating physical movement into various subject areas:

- Physical activity guides for elementary classroom teachers that integrate physical movement into classroom subjects; language arts, math, science and social studies.
 - Brain Breaks: www.emc.cmich.edu/BrainBreaks
 - Energizers: www.ncpe4me.com/energizers.html
 - Take Ten: www.take10.net
- Team Nutrition booklist: The list contains short, one-paragraph annotations for over 300 books about food, healthy eating, and physical activity for children in pre-school through third grade. www.tn.fcs.msue.msu.edu/booklist.html
 - *Examples:*
 - *Get Moving: Tips on Exercise*, Feeney, Kathy, Bridgestone Books, 2002.
 - *Let the Games Begin*, Ajmera, Maya and Michael J. Regan Charlesbridge, 2000.
- Display poster or banners with physical activity themes:
www.nal.usda.gov/wicworks/Sharing_Center/KYactivitypyramid.pdf

Using Physical Activity to Reward Students

- Have an extra recess; Walk with a teacher during lunch; Dance to favorite music in the classroom; Hold Friday Physical Activity Time where students earn extra physical activity time based on their good behaviors during the week; and Challenge another homeroom to a sport or activity.

Ideas for School Parties

- Make your party a dance; Modify traditional games for classroom use; Hold contests or relays.

Resources:

- *All Children Exercising Simultaneously (ACES) day*: A one day event where millions of children of all ages exercise at the same time worldwide in a symbolic event of fitness and unity. www.michiganfitness.org
- *Hoops for Heart*: Engages student in playing basketball while learning the lifelong benefits of physical activity, volunteering, and fundraising. www.americanheart.org
- *Jump Rope for Heart*: Engages students in jumping rope while learning the lifelong benefits of physical activity, the seriousness of heart disease and stroke, volunteering and fundraising. www.americanheart.org/jump
- *National Physical Education & Sport Week*: Designated week for encouraging and promoting physical activity. www.aahperd.org/naspe/may
- *Walk to School Day/Safe Routes to School*: Join in the effort to promote walking to school as a way to provide an opportunity for more physical activity!
www.michiganfitness.org/

Recess Before Lunch

Recess Before Lunch gives students the opportunity to excel in both health and academics. Find everything you need to establish a recess before lunch program including, how to implement, resources and supporting information, and educational and marketing materials. www.opi.state.mt.us/schoolfood/index.html

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.

FOODS OF MINIMAL NUTRITIONAL VALUE

The following items shall not be served, sold or given away as a free promotion anywhere on school property at any time before the end of the school day, including items served in the reimbursable After School Snack Program:

- ⌚ Soda Water
- ⌚ Water Ices-Those water ices, which contain fruit or fruit juices, are not included.

- ⌚ Chewing Gum
- ⌚ Certain Candies
 - ◆ Hard Candy: Includes such food as sour balls, fruit balls, candy sticks, lollipops, starlight mints, after dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, jaw breakers, and cough drops.

 - ◆ Jellies and Gums: Includes such foods as gumdrops, jellybeans, jellied and fruit-flavored slices.

 - ◆ Marshmallow Candies
 - ◆ Fondant: Includes such foods as candy corn and soft mints.

 - ◆ Licorice
 - ◆ Spun Candy
 - ◆ Candy-Coated Popcorn