

8505 SCHOOL NUTRITION (M)

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Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters pupil attendance and education;

Whereas, 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;

Whereas, 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;

Whereas, thirty-three percent of high school pupils do not participate in sufficient vigorous physical activity and seventy-two percent of high school pupils do not attend daily physical education classes;

Whereas, only two percent of children (two to nineteen years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, 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;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Brigantine Public School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Brigantine Public School District that:

- The school will engage pupils, parent(s) or legal guardian(s), teachers, food service professionals, health professionals, and other interested



community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.

- All pupils in grades Kindergarten - eight will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Qualified child nutrition professionals will provide pupils with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of pupils; will adequately accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for pupils to eat.
- To the maximum extent practicable, the schools in our district will participate in available Federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks], Summer Food Service Program, and Fruit and Vegetable Snack Program.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

To achieve these policy goals:

1. School Health Councils

The school district and/or individual schools within the district will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parent(s) or legal guardian(s), pupils, representatives of the school food authority, members of the school Board, school administrators, teachers, health professionals, and members of the public.)



2. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- a. Be appealing and attractive to children;
- b. Be served in clean and pleasant settings;
- c. Meet, at a minimum, nutrition requirements established by local, State, and Federal statutes and regulations;
- d. Offer a variety of fruits and vegetables;
- e. Serve only low-fat (one percent) and fat-free milk, as recommended by the Dietary Guidelines for Americans 2005, and nutritionally-equivalent non-dairy alternatives (to be defined by U.S.D.A.); and
- f. Ensure that half of the served grains are whole grain.

Schools should engage pupils and parent(s) or legal guardian(s), through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parent(s) or legal guardian(s) and pupils. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- a. Schools will, to the extent possible, operate the School Breakfast Program;
- b. Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage



- participation, including serving breakfast in the classroom, "grab-and-go" breakfast, or breakfast during morning break or recess;
- c. Schools that serve breakfast to pupils will notify parent(s) or legal guardian(s) and pupils of the availability of the School Breakfast Program;
and
 - d. Schools will encourage parent(s) or legal guardian(s) to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-priced Meals

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, pupils who are eligible for free and reduced-price school meals. Toward this end, schools may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all pupils; and/or use nontraditional methods for serving school meals, such as "grab and go" or classroom breakfast.

To the extent possible, schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week. Schools are encouraged to source fresh fruits and vegetables from local farmers when practicable.

A whole grain is one labeled as a "whole" grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include "whole" wheat flour, cracked wheat, brown rice, and oatmeal.

It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or "paid" meals.

Summer Food Service Program

Schools in which more than fifty percent of pupils are eligible for free or reduced-price school meals will sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school



year and the first day of the following school year, and preferably throughout the entire summer vacation.

Meal Times and Scheduling

Schools:

- a. Will provide pupils with at least ten minutes to eat after sitting down for breakfast and twenty minutes after sitting down for lunch;
- b. Should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11:00 a.m. and 1:00 p.m.;
- c. Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless pupils may eat during such activities;
- d. Will schedule lunch periods to follow recess periods (in elementary schools);
- e. Will provide pupils access to hand washing or hand sanitizing before they eat meals or snacks; and
- f. Should take reasonable steps to accommodate the tooth-brushing regimens of pupils with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, continuing professional development for all nutrition professionals in schools will be provided. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility. Contractual outsourcing of Food Services Program will operate with the equivalent professional integrity, training and level of responsibility. School nutrition staff development programs are available through the U.S.D.A., School Nutrition Association, and National Food Service Management Institute.



Sharing of Foods and Beverages

Schools should discourage pupils from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Foods and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.) in accordance with New Jersey State guidelines.

Elementary School

The school food service program will approve and provide all food and beverage sales to pupils in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

Middle School

In middle schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, pupil stores, or fundraising activities) during the school day, or through programs for pupils after the school day, will meet the following nutrition and portion size standards:

- a. Beverages
 - (1) Allowed: water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least fifty percent fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by U.S.D.A.);
 - (2) Not allowed: soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than fifty percent real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine,



excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

Surprisingly, seltzer water may not be sold during meal times in areas of the school where food is sold or eaten because it is considered a "Food of Minimal Nutritional Value" (Appendix B of 7 CFR Part 210).

b. Foods

A food item sold individually:

- (1) Will have no more than thirty-five percent of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and ten percent of its calories from saturated and trans fat combined;
- (2) Will have no more than thirty-five percent of its weight from added sugars;

If a food manufacturer fails to provide the added sugars content of a food item, use the percentage of weight from total sugars (in place of the percentage of weight from added sugars), and exempt fruits, vegetables, and dairy foods from this total sugars limit.

- (3) Will contain no more than two hundred thirty mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than four hundred eighty mg of sodium per serving for pastas, meats, and soups; and will contain no more than six hundred mg of sodium for pizza, sandwiches, and main dishes.

A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; one hundred percent fruit or vegetable juice; fruit-based drinks that are at least fifty percent fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned



in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

Schools that have vending machines are encouraged to include refrigerated snack vending machines, which can accommodate fruits, vegetables, yogurts, and other perishable items.

c. Portion Sizes

Limit portion sizes of foods and beverages sold individually to those listed below:

- (1) One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
- (2) One ounce for cookies;
- (3) Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
- (4) Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
- (5) Eight ounces for non-frozen yogurt;
- (6) Twelve fluid ounces for beverages, excluding water; and
- (7) The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

d. Fundraising Activities

To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity. The school



district will make available a list of ideas for acceptable fundraising activities.

e. Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parent(s) or legal guardian(s).

(1) If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

f. Rewards

Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, unless this practice is allowed by a pupil's Individual Education Plan (IEP), and will not withhold food or beverages (including food served through school meals) as a punishment

g. Celebrations

Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). The district will disseminate a list of healthy party ideas to parent(s) or legal guardian(s) and teachers.

h. School-sponsored Events (such as, but not limited to, athletic events, dances, or performances)



Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually (above).

3. Nutrition and Physical Activity Promotion and Food Marketing

a. Nutrition Education and Promotion

Brigantine Public School District aims to teach, encourage, and support healthy eating by pupils. Schools should provide nutrition education and engage in nutrition promotion that:

- (1) Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide pupils with the knowledge and skills necessary to promote and protect their health;
- (2) Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- (3) Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- (4) Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- (5) Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- (6) Links with school meal programs, other school foods, and nutrition-related community services;
- (7) Teaches media literacy with an emphasis on food marketing; and
- (8) Includes training for teachers and other staff.

b. Integrating Physical Activity into the Classroom Setting



For pupils to receive the nationally-recommended amount of daily physical activity (i. e., at least sixty minutes per day) and for pupils to fully embrace regular physical activity as a personal behavior, pupils need opportunities for physical activity beyond physical education class. Toward that end:

- (1) Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- (2) Opportunities for physical activity will be incorporated into other subject lessons; and
- (3) Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

c. Communications with Parents

The district/school will support parent(s) or legal guardian(s)' efforts to provide a healthy diet and daily physical activity for their children. The district/school will offer healthy eating seminars for parent(s) or legal guardian(s), send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parent(s) or legal guardian(s) to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district/school will provide parent(s) or legal guardian(s) a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district/school will provide opportunities for parent(s) or legal guardian(s) to share their healthy food practices with others in the school community.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parent(s) or legal guardian(s)' efforts to provide their children with



opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

d. Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above). Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet, and similar media, when such materials are used in a class lesson or activity, or as a research tool. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, such as Channel One; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

e. Staff Wellness



Brigantine Public School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each district/school should establish and maintain a staff wellness committee composed of at least one staff member, school health council member, local hospital representative, dietitian or other health professional, recreation program representative, union representative, and employee benefits specialist. (The staff wellness committee could be a subcommittee of the school health council.) The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the school health council annually.

4. Physical Activity Opportunities and Physical Education

a. Physical Education (P.E.) Kindergarten – eight

All pupils in grades Kindergarten - eight, including pupils with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of one hundred fifty minutes/week for elementary school pupils and two hundred twenty-five minutes/week for middle school pupils) for the entire school year. All physical education will be taught by a certified physical education teacher. Pupil involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Pupils will spend at least fifty percent of physical education class time participating in moderate to vigorous physical activity.

b. Daily Recess

All elementary school pupils will have at least twenty minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.



Schools should discourage extended periods (i. e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for pupils to remain indoors for long periods of time, schools should give pupils periodic breaks during which they are encouraged to stand and be moderately active.

c. Physical Activity Opportunities Before and After School

The elementary and middle schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. The middle school as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all pupils, including boys, girls, pupils with disabilities, and pupils with special health-care needs.

After-school child care and enrichment programs will provide and encourage - verbally and through the provision of space, equipment, and activities - daily periods of moderate to vigorous physical activity for all participants.

d. Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

e. Safe Routes to School

The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for pupils to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts. The school district will explore the availability of Federal "safe routes to school" funds, administered by the State Department of Transportation, to finance such improvements. The school district will encourage pupils to use public transportation when available and appropriate for travel



to school, and will work with the local transit agency to provide transit passes for pupils.

f. Use of School Facilities Outside of School Hours

School spaces and facilities should be available to pupils, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

5. Monitoring and Policy Review

a. Monitoring

The Superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the Principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district Superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Superintendent (or if done at the school level, to the school Principal). In addition, the school district will report on the most recent U.S.D.A. School Meals Initiative (SMI), review findings and any resulting changes. If the district has not received a SMI review from the State agency within the past five years, the district will request from the State agency that a SMI review be scheduled as soon as possible.

The Superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school Board and also distributed to all school health councils, parent/teacher organizations, school Principals, and school health services personnel in the district.



b. Policy Review

To help with the initial development of the district's wellness policies, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. Useful self-assessment and planning tools include the School Health Index from the Centers for Disease Control and Prevention (CDC), Changing the Scene from the Team Nutrition Program of the U.S. Department of Agriculture (U.S.D.A.), and Opportunity to Learn Standards for Elementary Middle, and High School Physical Education from the National Association for Sport and Physical Education. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review the nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

N.J.A.C. 2:36-1.7(a); 2:36-1.7(b)

Adopted: 26 March 2009

