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**Local Wellness/Nutrition**

**Local Wellness and Nutrition**

The Oxford Township Board of Education believes that children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive, and that good health fosters student attendance and education.

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

Therefore, the Board 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, 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, and the Child Nutrition and WIC Reauthorization Act of 2004 (P.L. 108-265).
- C. Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will 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 students to eat.
- D. To the extent practicable, all schools in our district will participate in available federal school meal programs (including School Breakfast Program, National School Lunch Program including after-school snacks, Summer Food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food Program).
- E. Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.
- F. The Board will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, monitoring, and reviewing district-wide nutrition and physical activity policies.

The Chief School Administrator shall develop regulations consistent with this policy, including a process for measuring the effectiveness of its implementation, and designating personnel within each school with operational responsibility for ensuring the school is complying with the policy.

(The remainder of this policy shall take effect no later than September 2007).

#### Local Wellness and Nutrition

The Oxford Township Board of Education recognizes that child and adolescent obesity has reached epidemic levels in the United States and that poor diet combined with lack of physical activity negatively impacts on students' health and their ability and motivation to learn. The Board is committed to:

- A. Providing students with healthy and nutritious meals;
- B. Encouraging the consumption of fresh fruits and vegetables, low fat milk and whole grains;
- C. Supporting healthy eating through nutrition education;
- D. Encouraging students to select and consume all components of the school meal; and
- E. Providing students with the opportunity to engage in daily physical activity.

All reimbursable meals shall meet Federal nutrient standards as required by the U.S. Department of Agriculture Child Nutrition Program regulations. All items served as part of the After School Snack Program shall meet the standards as outlined within this policy.

The following items may 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 (FMNV) as defined by the U.S. Department of Agriculture regulations;
- B. All food and beverage items listing sugar, in any form, as the first ingredient; and
- C. All forms of candy.

Schools 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:

- A. Based on manufacturer's 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. Whole milk shall not exceed eight ounces.

## 3542.1

In elementary schools, 100 percent of all beverages offered shall be milk, water or 100 percent fruit or vegetable juices.

In middle or high schools:

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

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.

This policy does not apply to: medically authorized special needs diets pursuant to federal regulations; school nurses using FMNV=s during the course of providing health care to individual students; or special needs students whose Individualized Educational Plan (IEP) indicates their use for behavior modification.

Adequate time shall be allowed for student meal service and consumption. Schools shall provide a pleasant dining environment. The Board recommends that physical education or recess be scheduled before lunch whenever possible.

The Board further recognizes that food can be an important part of a student=s day in several other ways:

1. **Snacks**  
Proper eating routine should consist of several meals and healthy food breaks during the day to maintain necessary energy levels and classroom focus. Therefore, the opportunity to have healthy snacks during the school day, in addition to the regular lunch is provided where necessary. It is encouraged that snacks provided by parents/guardians for consumption by their child(ren) during these times comply with all the dietary standards as listed above.
2. **Special School Events**  
Food is a traditional part of many school events, such as birthdays, school wide celebrations, promotions, etc. (As of January 1, 2007, no homemade food items will be permitted to be served.) Since food and beverages for these occasions can be provided by parents/guardians for consumption by our students, it is recommended that they follow dietary standards as listed above, and may be purchased from a local food vendor.

This policy does NOT apply to

- ☐ medically authorized special needs diets pursuant to 7 CFR Part 210;
- ☐ school nurses using foods of minimal nutritional value while providing health care to individual students; or

- special needs students whose Individualized Education Plan (IEP) indicates their use.

### 3542.1

The Board of Education is committed to promoting these food standards to students, parents/guardians, school administrators, teachers, nurses, advisors, PTO and other parent organizations, booster groups, and the community at large so they have the knowledge and guidance they need to support and reinforce healthy eating habits by our students both in school, in school-related activities, and in their daily lives. Each group should strive to meet all guidelines to the fullest extent possible.

To this end, the Chief School Administrator, in consultation with other district administrators, school nurse, health teachers, and the district's food service provider has developed written guidelines suggesting those healthy foods that may be provided for students during the school day. The administration and classroom teachers shall be responsible for monitoring compliance with these guidelines in their buildings and classrooms, respectively. The suggested items can be found on our school website; [www.oxfordcentral.org](http://www.oxfordcentral.org).

The Board, believing that eating should be a positive experience, shall strive to provide students and staff with adequate space to eat meals in clean, pleasant surroundings and allow them adequate time to eat, relax, and socialize.

- Nutrition information in the food service area should promote healthy food choices.
- Food service personnel and lunch room aides shall have adequate training and professional development in how to promote healthy eating behavior and to maintain safe, orderly, and pleasant eating environments.
- Students shall have access to facilities for hand washing and oral hygiene.

The Oxford Township School District will provide nutrition education and physical education programs, consistent with the New Jersey Core Curriculum Content Standards, that foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education, school meal programs, and related community services. School personnel shall actively promote student physical activity during the school day beyond the required physical education periods.

In support of this policy and to further promote student health and well being, school health services staff shall consistently promote healthy eating to students and other staff. These professionals shall be prepared to recognize conditions such as obesity, eating disorders, and other nutrition-related health problems among students and staff and be able to refer them to appropriate services for counseling or medical treatment.

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

The Board is committed to promoting the nutrition policy with all food service personnel, teachers, nurses, coaches, and other school administrative staff so that they have the skills they need to implement

this policy and promote healthy eating practices. The Board will work toward expanding awareness about this policy among students, parents, teachers, and the community at large.

The Chief School Administrator shall prepare regulations to implement this policy.

3542.1

**First Reading: November 16, 2005**  
**Adoption: December 20, 2005**  
**Amended 1<sup>st</sup> Reading: October 19, 2006**  
**Amended Adoption: November 16, 2006**  
**Review Date: December 29, 2010**  
**Revision and Adoption: January 27, 2011**

**Legal References:**

<i>N.J.S.A. 18A:11-1</i>	General mandatory powers and duties
<i>N.J.S.A. 18A:18A-4.1f, h.</i>	Use of competitive contracting in lieu of public bidding; boards of education
See particularly: <i>N.J.S.A. 18A:18A-5a(6)</i> <i>N.J.S.A. 18A:18A-6</i>	Standards for purchase of fresh milk; penalties; rules and regulations
<i>N.J.S.A. 18A:33-3 through -5</i> <i>N.J.S.A. 18A:33-9 through -14</i>	Cafeteria for pupils Findings, declarations relative to school breakfast programs
See particularly: <i>N.J.S.A. 18A:33-10</i> <i>N.J.S.A. 18A:58-7.1 through -7.2</i> <i>N.J.A.C. 2:36-1.1 et seq.</i>	School lunch programs Child Nutrition Programs
See particularly: <i>N.J.A.C. 2:36-1.7</i> <i>N.J.A.C. 6:8-2.1</i> <i>N.J.A.C. 6:8-4.1</i> <i>N.J.A.C. 6A:23A-16.5</i> <i>N.J.A.C. 2:36-1.1-1.13</i>	Local school nutrition policy Quality annual assurance report Review of mandated programs and services Supplies and equipment Biosecurity Policy
Sec. 204 at the Federal Child Nutrition and WIC Reauthorization Act of 2004 (P.L. 108-265)	
42 U.S.C. 1751 <i>et seq.</i> 42 U.S.C. 1771 <i>et seq.</i>	Richard B. Russell National School Lunch Act Child Nutrition Act of 1966

7 C.F.R. Part 210  
7 C.F.R. Part 210.10

Medically authorized special needs diets  
Foods of minimum nutritional value

**Possible Cross References:**

1200  
1220  
3000/3010  
  
3220/3230  
3510  
3542  
3542.31  
3542.44  
4222  
5131  
9123

Participation by the public  
Ad hoc advisory committees  
Concepts and roles in business and non-instructional  
operations; goals  
State funds; federal funds  
Operation and maintenance of plant  
Food service  
Free or reduced price lunches/milk  
Purchasing  
Aides  
Conduct/discipline  
Board secretary