

BOARD OF EDUCATION
Cherry Hill, New Jersey

POLICY 3542.2

NUTRITION

The Cherry Hill Board of Education recognizes that a healthy diet and frequent physical activity has a positive impact on students' health and their ability and motivation to learn. The Board 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; and
- 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 in this policy.

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;
- All food and beverage items listing sugar, in any form, as the first ingredient; and
- All forms of candy.

Schools shall reduce the purchasing 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 manufacturer's nutritional data or nutrient facts labels:
 - No more than eight grams of total fat per serving, with the exception of nuts and seeds.
 - No more than two grams of saturated fat per serving.
- 2) All beverages shall not exceed 12 ounces, with the following exceptions:
 - Water
 - Milk
- 3) Whole milk shall not exceed eight ounces

In elementary schools:

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

In 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
- 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 7 CFR Part 210; school nurses using FMNVs during the course of providing health care to individual students; or special needs students whose Individualized Educational Plan (IEP) indicates their use of behavior modification.

Legal References:

Section 204 of Public Law 108-265 – June 30, 2005
N.J.A.C. 2:236-1.7(q), (b)
N.J.A.C.2:36-1.13

Adopted: March 28, 2006