

Livingston Board of Education

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District Policy

8505- SCHOOL NUTRITION (M)

Section: Operations
Date Created: January, 2007
Date Edited: April, 2012

M

The Board believes that children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive. Furthermore, the Board believes that good health fosters student attendance, engagement in learning, and positive educational experiences. Additionally, the Board 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. Therefore, the Board is committed to:

1. Providing students with healthy and nutritious foods during the school day;
2. Encouraging the consumption of fresh fruits and vegetables, fat-free or low fat (1%) milk and whole grains;
3. Supporting healthy eating through nutrition education; and
4. Encouraging students to engage in physical activity.

The following items may not be served, sold, or given to students as free promotion anywhere on school property at anytime during the school day:

1. All food and beverage items listing sugar, in any form, as the first ingredient;
2. All forms of candy;
3. All soda;
4. Any snacks and beverages containing more than eight grams of total fat per serving, with the exception of nuts and seeds, when allowed to be served in accordance with Policy #5331 - Anaphylaxis to Food and other Substances; and
5. Any snacks containing more than two grams of saturated fat per serving.

Beverages shall not exceed 12 ounces, with the following exceptions:

1. Water.
2. Milk.

Schools shall make potable water available to children at no charge in the place where lunch meals are served during the meal service. Schools may offer water pitchers with cups on tables and/or make potable water available for pupils to fill their own cups or water bottles by means of a water faucet or water fountain that is available without restriction in or near the location meals are served. A faucet or fountain outside the cafeteria is acceptable as long as pupils can request and receive permission to access the faucet or fountain.

Schools may not serve any whole milk or any reduced fat milk (2%). Schools may only serve fat-free milk, low-fat (1%) milk, fat free or low fat lactose reduced/lactose free milk, fat-free or low-fat buttermilk, or acidified milk or fat-free or low-fat acidified milk. Schools must offer at least two choices of

these milks. These approved milk products may be either white or flavored milk varieties. All milk products must be pasteurized fluid milk that meets the State and local standards, as currently required in 7 CFR Part 210.10(m)(1)(ii).

This policy DOES NOT APPLY to:

1. All food and beverages brought by a student to be consumed solely by that individual for lunch or snack;
2. Medically authorized special needs diets pursuant to Federal regulations;
3. School nurses using certain foods during the course of providing health care to individual students;
4. Special needs students whose Individualized Education Plan (IEP) indicates the use of certain foods for behavior modification; or
5. All food and beverages served before or after school hours.

This policy will apply to all food and beverages served during celebrations of special holidays, birthdays, the end of the school year or during curriculum related activities.

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 they have the skills they need to implement this policy and promote healthy eating practices. The Board will work toward expanding awareness of this policy among students, parents, teachers, and the community at large.

The Chief School Administrator shall prepare regulations to ensure consistent implementation and compliance throughout the district and monitor this policy. This policy shall be reviewed on a regular basis.

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

Adopted: 08 January 2007
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