

Hasbrouck Heights Board of Education

[Home](#)

< Prev

Next >

To Regulation

[Search District Policies](#)
[District Policies](#)
[TOC](#)

District Policy

8505- WELLNESS POLICY/NUTRIENT STANDARDS FOR MEALS AND OTHER FOODS (M)

Section: Operations
Date Created: November, 2014
Date Edited: November, 2014

M

The Board of Education recognizes child and adolescent obesity has become a major health concern in the United States. The Healthy, Hunger Free Kids Act of 2010 (HHFKA), funds child nutrition programs and establishes required nutrition standards for school lunch and breakfast programs. In accordance with the requirements of the HHFKA each school in the district shall implement this Wellness Policy that includes goals for nutrition promotion, nutrition education, physical activity, and other school-based activities that promote student wellness.

A. Wellness Policy Goals

The goals as outlined below shall apply to each school in the district.

1. Goals for Nutrition Promotion – The following activities will be coordinated in each school in the district:
 - a. Age-appropriate posters will be posted on the walls where food and beverages are served to students highlighting and encouraging the value of good nutrition.
 - b. The school lunch program will have promotional days during the school year where at least one new nutritional alternative menu item will be featured as part of the menu pattern meal component. The food service staff members will promote this nutritional alternative during meal service with posters, flyers, and/or hand-outs regarding the

nutritional menu item alternative.

- c. The Principal or designee will encourage food products that meet the nutrition standards of the HHFKA when used as an incentive or reward for student accomplishments, club or activity achievements, and/or success in competitions within the school.
 - d. Food service staff, in consultation with the Principal or designee, will coordinate obtaining student input on menu planning that will include taste testing of new nutritional food, satisfaction surveys, and other activities that will promote nutrition awareness.
 - e. Food service staff will place the healthier food items in the service line where students are more likely to choose them.
 - f. Parents will be provided the nutritional standards of the HHFKA and encourage parents to pack lunches and snacks that meet the HHFKA nutritional standards.
2. Goals for Nutrition Education – The following activities will be coordinated in each school in the district:
- a. The Principal will ensure each student receives at least one presentation per school year that promotes good nutrition and nutrition education. These presentations may be provided through classroom visits from school staff members trained in nutrition, school-wide or group assembly programs, during health/physical education classes during the school year, or any other presentation manner. This requirement may be provided as part of nutrition education provided to students as part of the district's curriculum.
 - b. The Principal or designee will post the nutritional guidelines of the HHFKA in the area of the school building where food and beverages are served.

- c. The school lunch menu will include nutritional information, activities, recipes, and/or any other information that encourages the selection of healthy food items.

3. Goals for Physical Activity

- a. The following activities will be coordinated in each elementary school in the district:
 - (1) All students shall receive health/physical education under the supervision of a properly certified teaching staff member as required by the New Jersey Department of Education.
 - (2) The Principal or designee will ensure there is age-appropriate equipment and supplies available during recess time for students to participate in physical activities.
 - (3) Students will be encouraged by school staff members supervising student recess time to participate in some type of physical activity, which may include, but not be limited to: walking; playing games that require physical activity, such as kick ball, volleyball, baseball, basketball, etc.; rope jumping; and/or using playground equipment.
 - (4) The Principal will encourage classroom teachers to incorporate brief, physical activity breaks into the school day to establish an environment that promotes regular physical activity throughout the school day.
 - (5) The Principal or designee will coordinate special events that highlight physical activity, which may include field days, walk-a-thons, and activity tournaments or competitions. The Principal or designee may involve parents, community members, and students in the planning of these events.

b. The following activities will be coordinated in each middle school in the district:

- (1) All students shall receive health/physical education under the supervision of a properly certified teaching staff member as required by the New Jersey Department of Education.
- (2) The Board of Education may offer middle school students opportunities to participate in after-school intramural and/or interscholastic team activities coordinated and under the supervision of school staff members.
- (3) The Board of Education will support after-school activities and clubs where physical activity for students is included as a key component to the activity's or club's purpose. These clubs may include, but not be limited to, gardening clubs, walking clubs, and exercise classes.

c. The following activities will be coordinated in each high school in the district:

- (1) All students shall receive health/physical education under the supervision of a properly certified teaching staff member as required by the New Jersey Department of Education.
- (2) The Board of Education will offer high school students opportunities to participate in after-school intramural and/or interscholastic team activities coordinated and under the supervision of school staff members.
- (3) The Board of Education will support after-school activities and clubs where physical activity for students is included as a key component to the activity's or club's purpose. These clubs may

include, but not be limited to, gardening clubs, walking clubs, and exercise classes.

4. Goals for Other School-Based Activities - The following activities will be coordinated in each school in the district:

- a. Each school in the district will establish a Wellness Committee comprised of the Principal or designee, at least one health/physical education teacher, a school nurse, at least two parents, at least two students, and at least one food service staff member.
- b. The Principal or designee will coordinate information being disseminated to students and parents promoting the school lunch program, nutrition, and nutrition education.
- c. The school district will celebrate a School Wellness Week, as determined by the Superintendent of Schools, where schools will have special activities throughout the week to promote nutrition and physical activity. These special activities will be planned and coordinated by each school's Wellness Committee.
- d. The Principal will encourage fund-raising activities that promote physical activity such as walk-a-thons, teacher-student activity competitions, family activity nights, and school dances.

5. Annual School Progress Report

- a. The goals for nutrition promotion, nutrition education, physical activity, and other school-based activities that promote student wellness shall be evaluated annually by the Principal or designee of each school and the school's Wellness Committee in an Annual School Progress Report provided to the Superintendent of Schools before June 30.
- b. The Annual School Progress Report shall present the extent to which each school is in

compliance with this Policy, the progress made in attaining the goals of this Policy, any recommended changes to this Policy, and an action plan for the following school year to achieve the school's annual goals and objectives.

6. Annual District Summary Progress Report

- a. Upon receiving the Annual School Progress Report from each school, the Superintendent or designee will compile an Annual District Summary Progress Report to be presented to the Board of Education at a public meeting before the beginning of the school year. The public will be provided an opportunity to review and comment on the Annual District Summary Progress Report at the Board meeting.
- b. Revisions to this Policy will be recommended by the Superintendent or designee to be approved by the Board of Education before September 30 of each school year.

7. Additional Wellness Policy Goals

- a. Nothing in this Policy shall prevent an individual school in the district from developing and implementing additional activities, approved by the Superintendent or designee, to those required in this Policy.

B. Nutrition Guidelines for All Foods and Beverages

1. The Board of Education requires each school in the district to comply with the Federal school meal nutrition standards and the smart snacks in accordance with the requirements HHFKA. The nutritional standards shall apply to all foods and beverages sold in each school in the district as part of the menu pattern meal, a la carte, in school stores, snack bars, or vending machines. The food requirements for any food sold in schools must meet a range of calorie and nutrient requirements as outlined in the HHFKA.
2. The school district will comply with the HHFKA beverage requirements and beverage portion

requirements for elementary, middle, and secondary schools.

Each school will make potable water available to children at no charge in the place where breakfast, lunch, and afterschool snacks are served during meal service.

3. On-campus fundraisers involving food or beverage items must meet the Smart Snack standards of the HHFKA. The nutrition standards of the HHFKA do not apply to non-school hours, weekends, and off-campus fundraising events. The United States Department of Agriculture defines school day as starting from midnight to thirty minutes after the end of the school day. Fundraisers involving the sale of food or beverages must be submitted to the Principal or designee for approval.

C. District Coordinator

The Superintendent or designee shall be the school district official responsible to ensure each school in the district complies with the requirements as outlined in this Policy.

D. Publication/Dissemination

This Policy will be made available to staff members, students, and parents by being posted on the school district and/or school websites.

The Healthy, Hunger-Free Kids Act of 2010

Adopted: 20 November 2014



Hasbrouck Heights Board of Education

[Home](#)

< Prev

Next >

[To Policy](#)[Search District
Regulations](#)
[District
Regulations TOC](#)

District Regulation

8505 - NUTRITION

Section: Operations
Date Created: November, 2014
Date Edited: November, 2014

A. School Health Councils

The school district and/or individual schools within the district will create school health councils to develop, implement, monitor, review and as necessary, revise school nutrition policies. The councils will also serve as resources to schools for implementing those policies. A school health council consists of a group of individuals representing the school and community and should include parents, students, representatives of school food provider, members of the Board, school administrators, teachers, health professionals and members of the public.

B. Nutritional Quality of Foods and Beverages Sold and Served

School meals:

Meals served will be:

- Appealing and attractive to children.
- Be served in clean and pleasant settings.
- Meet at a minimum, nutrition requirements established by local, State and federal statutes and regulations.
- Offer a variety of fruits and vegetables.
- Serve low fat and fat free milk and nutritionally equivalent non-dairy alternatives.
- Ensure that half of the served grains are whole grains.

Schools should engage pupils and parent(s) or legal guardian(s) in surveys for selecting foods sold through the school meal

programs in order to identify new, healthful 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, cafeteria menu boards etc.

Breakfast: To ensure that all children have breakfast in order to meet their nutritional needs and enhance their ability to learn:

- 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.

Meal Times and Scheduling: Schools

- Will provide pupils with a daily lunch period, not to be less than twenty minutes, between the hours of 10:30 a.m. and 1:00 p.m.
- Should not permit a pupil to miss lunch for tutoring, clubs, or organizational meetings or activities.
- Will provide pupils access to hand washing or hand sanitizing before eating meals or snacks.
- Should take reasonable steps to accommodate the teeth brushing regimens of pupils with special oral health needs (eg. orthodontic).

Sharing of Foods and Beverages:

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

Foods and Beverages Sold Individually (ie. Foods sold through vending machines, snack lines (cafeteria ala carte, fundraisers, school stores, etc.).

Middle School/High School - All foods and beverages sold individually including those sold ala 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 nutritional and portion size standards.

Beverages

- Allowed: water or seltzer without added caloric sweeteners, fruit and vegetable juices and fruit based drinks that contain in at least fifty percent fruit juice and that do not contain additional caloric sweeteners, unflavored or flavored low fat milk and nutritionally equivalent non-dairy beverages (to be defined by the USDA).

Foods

A food item sold individually:

- 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.
- Will have no more than thirty-five percent of its weight from added sugars.
- Will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods and other snack items, no more than 400 mg of sodium per serving for pasta, meats, soups, and no more than 600mg 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.

Portion Sizes:

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

- 1 ¼ ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky.
- One ounce for cookies.
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels and other bakery items.

- Four fluid ounces for frozen desserts including but not limited to low fat or fat free ice cream.
- Eight ounces for non-frozen yogurt.
- Twelve fluid ounces for beverages, excluding water.
- 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.

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 sizes for foods and beverages sold individually. Schools should encourage fundraising activities that promote physical activities.

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 emphasis on serving fruits and vegetables as the primary snack. 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 parents.

Rewards: Schools will not use foods or beverages as rewards for academic performance or good behavior, and will not withhold food or beverages as a punishment.

Celebrations: Schools should limit celebrations that involve food during the school day. The district will disseminate a list of healthy party ideas to parents and teachers to promote nutritionally sound food and beverages.

School Sponsored Events: 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.

Nutrition Education and Promotion:

The Hasbrouck Heights School District aims to teach,

encourage and support healthy eating by pupils. Schools should provide nutrition education and engage in nutrition promotion that:

- 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.
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social studies and elective subjects.
- Includes enjoyable, developmentally appropriate, culturally relevant, participating activities, such as contests, promotions, taste testing etc.
- Promotes fruits, vegetables, whole grain products, low fat and fat free dairy products, healthy food preparation methods and health enhancing nutrition practices.
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise).
- Teaches media literacy with an emphasis on food marketing.
- Includes training for teachers and other staff.

C. Foods of Minimal Nutritional Value (FMNV)

The following is a list of food items that are not allowed to be sold, given away, or used as a fundraiser during the school day in grades Pre-Kindergarten through twelve as defined by the U.S. Department of Agriculture. This applies to all school events, celebrations and rewards during the school day.

1. Soda;
2. Water ice- Italian ice and ice pops;
3. Chewing gum;
4. Hard candy- lollipops, candy sticks, sour balls, rock candy, Jolly Ranchers, breath mints, etc.;
5. Jelly candies and gum candies- gum drops, jelly beans,

jellied and fruit slices;

6. Marshmallow candies;
7. Fondants- candy corn, soft mints, etc.;
8. Licorice;
9. Spun candy- cotton candy;
10. Candy coated popcorn- caramel corn.

D. Miscellaneous

1. Cupcakes for birthdays at Lincoln and Euclid Schools will be limited to grades Pre-Kindergarten through second.
 - a. Children may bring in cupcakes for their class only.
 - b. Children in grades three through five may create a birthday bulletin.
2. PTA Parties:
 - a. Three parties per year with parents.
 - b. Three drop-off parties per year. Parents may stay if requested by the teacher.
3. PTA lunches will be a maximum of one per week.
4. PTA Food Sales will be at the discretion of the Principals, as long as both schools have the opportunity to participate. No FMNU's allowed.

Issued: 20 November 2014



POLICY

HASBROUCK HEIGHTS BOARD OF EDUCATION

OPERATIONS
8540/page 1 of 2
School Nutrition Programs

8540 SCHOOL NUTRITION PROGRAMS

The Board of Education recognizes the importance of a child receiving a nutritious, well-balanced meal to promote sound eating habits, to foster good health and academic achievement, and to reinforce the nutrition education taught in the classroom. Therefore, the Board of Education may participate in the school nutrition programs of the New Jersey Department of Agriculture in accordance with the eligibility criteria of the program. These programs may include the National School Lunch Program, the School Breakfast Program, the After-School Snack Program, and the Special Milk Program.

The Board of Education shall sign an Agreement with the Division of Food and Nutrition, School Nutrition Programs, New Jersey Department of Agriculture for every school nutrition program operated within the school district. Any child nutrition program operated within the school district shall be operated in accordance with the provisions of the Agreement and all the requirements of the program.

Students may be eligible for free or reduced pricing in accordance with the requirements of the program operating in the school district. Prices charged to paying children shall be established by the Board of Education, but must be within the maximum prices established by the Division of Food and Nutrition, School Nutrition Programs, New Jersey Department of Agriculture. Prices charged to adults shall be in accordance with the requirements of the program.

The Superintendent or designee shall annually notify parents of all children in the school district of the availability, eligibility requirements, and application procedures for free or reduced price meals or free milk in accordance with the notification requirements and procedures of the Division of Food and Nutrition, School Nutrition Programs, New Jersey Department of Agriculture

The Superintendent will designate in the annual notification to parents, the person who will determine, in accordance with standards issued by the Division of Food and Nutrition, School Nutrition Programs, New Jersey Department of Agriculture, a student's eligibility for free or reduced price meals or free milk depending on the programs operated in the school district.

A parent may request a household application and instructions from the Principal of their child's school. A household application must be completed before eligibility is determined. Where necessary, the Principal or designee shall assist the applicant in the preparation of the household application.

Applications shall be reviewed in a timely manner. An eligibility determination will be made, the family will be notified of its status, and the status will be implemented as soon as possible within ten operating days of the receipt of the completed application. Any student found eligible shall be offered free or reduced price meals or free milk immediately upon the establishment of his/her eligibility and shall continue to receive such meals during the pendency of any inquiry regarding his/her eligibility in accordance with the requirements of the Division of Food and Nutrition, School Nutrition Programs, New Jersey Department of Agriculture. Carry-over of previous year's eligibility for students shall be in accordance with the requirements of the Division of Food and Nutrition, School Nutrition Programs, New Jersey Department of Agriculture.

A denial of eligibility for free or reduced price meals or free milk shall be in writing and shall include the reasons for which eligibility was denied, notice of the parent's right to appeal the denial, the procedures for an appeal, and a statement reminding parents that they may reapply at any time during the school year. Appeal procedures shall include: a hearing, if requested by the parent, held with reasonable promptness and convenience of the parent before a hearing officer other than the school official who denied the application; the parent's opportunity to be represented by counsel; a decision rendered promptly and in writing; and an opportunity to appeal the decision of the hearing officer to the School Business Administrator/Board Secretary. The appeal hearing will be conducted in accordance with the provisions as outlined by the Division of Food and Nutrition, School Nutrition Programs, New Jersey Department of Agriculture.

There shall be no overt identification of any child(ren) who may be eligible to receive free or reduced price school meals or free milk. The identity of students who receive free or reduced price meals will be protected. Eligible students shall not be required to work in consideration for receiving such meals or milk. Eligible children shall not be required to use a separate dining area, go through a separate serving line, enter the dining area through a separate entrance, or consume their meals or milk at a different time. A student's eligibility status will not be disclosed at any point in the process of providing free or reduced price meals or free milk in accordance with the requirements of the Division of Food and Nutrition, School Nutrition Programs, New Jersey Department of Agriculture.

The School Business Administrator/Board Secretary or designee will verify applications of those eligible for free or reduced price meals in accordance with the requirements of the, Division of Food and Nutrition, School Nutrition Programs, New Jersey Department of Agriculture.

The Board of Education will comply with all the requirements of the Division of Food and Nutrition, School Nutrition Programs, New Jersey Department of Agriculture Local Education Agency (LEA) Agreement and all requirements outlined in the School Nutrition Electronic Application Reimbursement System (SNEARS).

7 C.F.R. 210.1 et seq.

N.J.S.A. 18A:33-5; 18A:58-7.2

N.J.A.C. 2:36

Adopted: 20 November 2014

Revised: September 23, 2015