

Pennsauken School District
Nutrition Policy

**PENNSAUKEN TOWNSHIP PUBLIC SCHOOLS
PENNSAUKEN, NEW JERSEY**

School Nutrition

The Pennsauken Board of Education 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. Pennsauken Board of Education is committed to the following:

- 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
- Providing students with the opportunity to engage in daily physical activity

All reimbursable meals served in Pennsauken School District will meet Federal nutrient standards as required by the U.S. Department of Agriculture Child Nutrition Program regulations.

The following items will not be served, sold or given out as free promotion anywhere on Pennsauken School District property at anytime before the end of the school day:

- Foods of minimal nutritional value as defined by the U.S. Department of Agriculture regulations
- All food and beverage items listing sugar, in any form, as the first ingredient
- All forms of candy

Pennsauken School District will reduce the purchase of any products containing trans fats.

All snack and beverage items sold or served anywhere on Pennsauken School District property during the school day, including items sold in a la carte lines, vending machines, snack bars, school stores and fundraisers, shall meet the following standards:

- 1) Based on manufacturers nutritional data or nutrient facts labels:
 - No more than eight grams of 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 containing two percent or less fat
- 3) Whole milk shall not exceed eight ounces

In all Pennsauken Elementary Schools:

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

In Pennsauken Intermediate, Phifer Middle, and Pennsauken High Schools:

- At least 60 percent of all beverages offered, other than milk and water, shall be 100 percent fruit and 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

Pennsauken School District will provide adequate time for student meal service consumption. Pennsauken School District will provide a pleasant dining environment.

Pennsauken School District's curriculum shall incorporate nutrition education and physical activity consistent with the New Jersey Department of Education Core Curriculum Standards.

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