

Further Facts

*The District has created a school health council to develop, implement, maintain and review the policy.

*Healthy eating is being incorporated into the classroom curriculum.

*The District will provide nutrition, hygiene, physical and safety education.

*The District will integrate appropriate physical education activities into the classroom.

*The District will formulate new positive nutritional ideas for classroom celebrations.

*The District will provide opportunities for staff wellness and physical activities.

*The District will provide parents with nutritional education on an on-going basis.

2016-2017

Board Members

Joel Torres, President

Sudhan Thomas, Vice President

Amy DeGise

Pastor Luis F. Fernandez

Vidya Gangadin

Gerald Lyons

Lorenzo Richardson

Marilyn Roman

Angel L. Valentin

Jersey City Public Schools

NUTRITION & WELLNESS POLICY

Providing healthy choices for all
students

**HELPING CHILDREN
ESTABLISH HEALTHY EATING
HABITS TO LAST A LIFETIME**



We are an equal opportunity provider and
employer



LET'S MAKE A DIFFERENCE

From what's offered in lunch lines to what's stocked in vending machines, schools are in a powerful position to influence children's lifelong dietary habits. The obesity problem in the United States is critical and has been labeled as an epidemic. There are nearly twice as many overweight children and almost three times as many overweight adolescents as there were in 1980.

In order to help combat the complex problem of obesity, new State regulations were recently adopted. The Jersey City Public School District has implemented a local School Nutrition Policy consistent with the New Jersey Department of Agriculture's Model School Nutrition Policy.

Nothing is more important than ensuring our children are fit, healthy and ready to learn. So let's become committed to helping students eat healthy and be physically active.

REWARDS:

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

THE POLICY "Nothing but the facts"

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

- Providing healthy and nutritious food
- Encouraging the consumption of fresh fruits/vegetables, low fat milk and whole grains
- Supporting nutrition education
- Encouraging students to consume all components of the school meal
- Providing students with daily physical activity

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.

- ❖ Foods of minimal nutritional value (FMNV), as defined by USDA regulations (Soda, candy coated popcorn, water ices, candy & gum)
- ❖ All food and beverages listing sugar, in any form, as the first ingredient
- ❖ All forms of candy



BEVERAGE & SNACK STANDARDS (ALL SCHOOLS)

All snacks and beverage items sold or served on school property during the school day, shall meet the following standards:

✚ **Based on nutrient fact labels**

- No more than 8 grams of total fat per serving, with the exception of nuts and seeds
- No more than 2 grams of saturated fat per serving

✚ **All beverages shall not exceed 12 ounces, with the following exceptions:**

- Water
- Milk containing 2% or less fat

✚ **Whole milk should not exceed 8 ounces**

Let's Talk Milk!



ELEMENTARY SCHOOLS

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

MIDDLE & HIGH SCHOOLS

- ✓ At least 60% of all beverages offered, other than milk and water, shall be 100% fruit or vegetable juices
- ✓ No more than 40% of all ice cream/frozen desserts shall be allowed to exceed the above standards for sugar, fat and saturated fat