

## **NJ School Nutrition Policy**

We are dedicated to providing a healthy school, home, and community environment for the well-being of all children. While your children are in school, we will encourage good nutrition and the importance of regular physical activity. However, we need your support. Please read the following information carefully.

### **Foods of Minimal Nutritional Value**

The New Jersey Nutrition Law states that foods of minimal nutritional value may not be sold, served, or given out during the school day. Foods of minimal nutritional value include items listing sugar in any form, as the first ingredient. Forms of sugar include corn syrup, dextrin, fructose, high fructose corn syrup, galactose, honey, lactose, malt, maltose, maple syrup, molasses, and sucrose. This includes all forms of candy.

Please know that these rules govern only what the school allows/provides for groups of children and not what you send in with your child for lunch or snack. We do ask in the spirit of cooperation and collaboration, that you do your best to encourage healthy eating habits and good choices around nutrition.

Food and beverages served during special school celebrations or during curriculum related activities are exempt from this policy, with the exception of food of minimal nutritional value as defined by USDA regulations. The list of food of minimal nutritional value includes but is not limited to **soda, water ice, candy, and candy coated popcorn.**

This policy does not apply to medically authorized special needs diets (pursuant to 7 CFR Part 210/National School Lunch Program; school nurses using foods of minimal nutritional value during the course of providing health care to individual students or special needs students whose Individualized Education Plan (IEP) indicates their use for behavior modification.

### **Birthday Treats**

Our teachers are encouraged to implement creative ways to celebrate student birthdays that support wellness. Many teachers invite a family member to read a special book to the class while other teachers invite parents to monthly birthday celebrations where they join their child and his/her classmates as they play various board games involving strategy and problem solving skills. Your child's teacher will share his or her classroom guidelines pertaining to birthday treats. Please note that any edible treats must not fall in the category of "Foods of Minimal Nutritional Value." If you have questions about what is appropriate to send in for a classroom celebration or party, please contact your child's teacher.