

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.

Nothing is more important than ensuring our children are **fit, healthy and ready to learn**. Therefore the Board of Education has adopted the **NJ Model School Nutrition Policy**.

The Clementon School District 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. The Board is committed to:

- 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**.

TEAM APPROACH TO PROMOTING POLICY

The Clementon School District 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.

“Nutri-News” This Monthly **Nutrition Education Newsletter** is written by our **Registered Dietitian** and is published for students each month. It can be also viewed on the Cafeteria's Web Page. This includes various nutrition tips, games, and recipes to bridge the nutritional goals at school with those at home.

For Further Information Contact:

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Let's commit to help students
Eat Healthy
and be
Physically Active!



CLEMENTON ELEMENTARY SCHOOL

Nutritious Choices Healthy Students

NJ Nutrition Policy

**To ensure students who are
Fit, Healthy, & Ready to Learn**

A Healthy Lunch includes Choices of an
Entrée, fruit, vegetable, and milk.

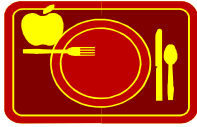
STUDENT MEAL PRICES

Elementary Lunch	\$2.00
Reduced Lunch	\$0.40
Breakfast	\$1.00
Reduced Breakfast	\$0.30

NUTRI-SERVE FOOD MANAGEMENT

The School Food Service Management Experts

REIMBURSABLE MEALS



We use **Portion Control** and follow nutrient guidelines as directed by the USDA and Child Nutrition for every reimbursable lunch and breakfast choice.

This ensures correct caloric and nutritional needs of students **to prevent obesity.**

“Balloons for a Balanced Lunch”



This program is implemented in all Elementary schools. This helps students learn how to **choose a variety of food items** identified by **colored balloon shapes**. They match the food group colors on the **Nutrition Pyramid**. Students select one of each color to **create a Balanced Meal**.

“My Pyramid”

is promoted in all schools.



GRAINS = Orange

VEGETABLES = Green

FRUITS = Red

OILS & X ENERGY = Yellow

MILK = Blue

PROTEIN = Purple

“5-A-Day”



This encourages students to consume at least FIVE Fruits and Vegetables a day of various colors that include different nutrients. **Each Month** the food service will promote a different fruit or vegetable.

Nutrition Policy Beverage and Snack Standards

Applies to all snack and beverage items sold or served anywhere on school property during the school day.

ALL SCHOOLS

Based on manufacturers nutritional data or nutrient facts 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**
Except: Water & Milk with 2% or less fat
Whole milk shall not exceed eight ounces.

The Schools will NOT provide foods of minimal nutritional value (FMNV) as defined by U.S.D.A. For example: Soda, chewing gum, fondants, or licorice.

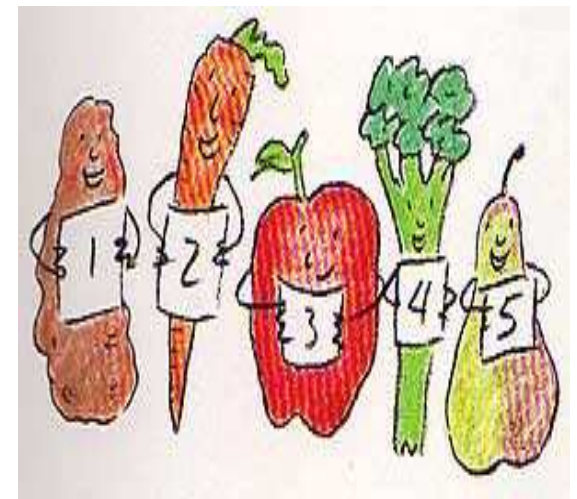
- All food and beverage items listing **sugar**, in any form, as the **first ingredient**.
- All forms of **candy**.

ELEMENTARY SCHOOLS

100% of all beverages offered shall be: Milk, Water, or 100% fruit or vegetable juices.



This policy does not apply to: medically authorized special needs diets pursuant to 7CFR Part 210; school nurses using FMNVs during the course of providing health care to Individual students; or special needs students who's Individual Education Plan (IEP) indicates their use for behavior modification.



What Ala Carte Foods Qualify?

ALL SCHOOLS

Beverages

Bottled Water
100% Fruit or Vegetable Juice
Low Fat Milk in 8 oz. servings
100% Juice

Side Dishes

Fresh Fruit
Fruit Cup
Fruit Juice
Vegetable of the Day



Snacks

Soft Pretzels & Pretzel Rods
Whole Grain Cookies
Baked & Reduced Fat Chips
Single portion bags of Snacks
Yogurt, String Cheese, and Popcorn.