

R 8505 SCHOOL NUTRITION

The following procedures will supplement Policy 8505 by limiting foods of minimal nutritional value, restrict fat and sugar content, and increase fruit, vegetable and whole grain offerings for all foods and beverages available to pupils on the school campus during the school day.

Meals Served by the District's Food Service

All foods served to pupils, including a la carte items, will have a decreasing amount of fat from calories over the next two years.

- No more than 40% of calories can come from fat and no more than 10% from saturated fat.
- No more than 35% of calories can come from fat and no more than 10% from saturated fat.
- No more than 30% of calories can come from fat and no more than 10% from saturated fat.

If the Ridgewood Public Schools food service provides food to pupils outside of the Food Services Program during the school day, during an after-school or summer program or at school-sponsored events, the food must adhere to nutritional guidelines listed above.

Beverages

Cafeteria/School Sales

Elementary: Elementary schools will only sell bottled water and eight-ounce calorie-capped servings of certain juices and milks as described on the Healthy School Beverages Guidelines contained herein.

Middle/High School: The middle schools and high school will sell no-calorie or low-calorie beverages in addition to the above and as described in the Healthy School Beverages Guidelines contained herein. At least 50% of beverages must be water and no or low-calorie options.

Vending Machine (Beverage) Sales

Elementary: No vending machines permitted.



Middle/High School: Beverage vending is allowed in the middle and high schools. Beverages sold will be consistent with the Healthy School Beverages Guidelines contained herein.

Caffeinated drinks sold from vending machines will be limited to unsweetened teas. At the high school only, coffee may be sold by the food service in the cafeteria. Soft drinks and "diet" soft drinks will not be sold at school. These will not be allowed in vending machines or school stores.

Serving size for beverages that will be allowed in school stores or vending machines will be consistent with the Healthy School Beverages Guidelines contained herein. Other than water, portion sizes are limited to:

8-oz: elementary school pupils

10-oz: middle school pupils

12-oz: high school pupils

Snack Foods in Vending Machines, School Stores, or Food Carts

Elementary: There will be no vending machines allowed in elementary schools. Food cart sales in elementary schools will be limited to items on the Healthy Snack List contained herein.

Middle/High School: Snack vending, school store and cart sales will be limited to items on the Healthy Snack List contained herein. No candy in vending machines will be allowed.

School Store Sales

School stores cannot sell food items to pupils before or during the time that the Ridgewood Public Schools food service is serving meals. Food sales may take place after the lunch program has ended. Items for sale must adhere to the nutritional guidelines as noted on page one, the Healthy Snack List and the Healthy Schools Beverage Guidelines contained herein. School stores may sell items that are on hand as of September 1, 2007, until supplies are depleted.



Candy and Frozen Snacks

Candy cannot be sold in vending machines, school stores, cafeteria or classrooms. Frozen snacks including ice cream, ice milk, frozen yogurt, or frozen juice bars may be sold to pupils as long as no more than 40% of all ice cream/frozen desserts exceed the fat and calorie limits noted on page one.

Special Events

Foods for special events should be prepared observing the Food Safety Guidelines contained herein. The prepared foods shall not contain peanuts or nuts and shall be accompanied by and displayed with a list of ingredients used. Milk, eggs, fish, shellfish, wheat, and soy account for 90% of all food allergy reactions in children.

Any event that is open to the public and sells food may be subject to additional regulations and requires a food permit. The Department of Health may have specific regulations that exempt certain groups from the regulations on potlucks. If someone in the district wants to hold a large potluck, consult with the Department of Health before holding the event to see if a permit is needed.

Birthday parties or other classroom celebrations are allowed. Principals are encouraged to limit the number of parties and celebrations to one per month and to consider non-food activities as alternatives for celebration. Food items that do not meet the guidelines cannot be served prior to the conclusion of the lunch program. No candy is allowed. The guidelines apply to field trips only when the Ridgewood Public Schools food service provides the food.

After school and summer programs run by the Ridgewood Public Schools will observe the Healthy Schools Beverage Guidelines and the Healthy Snack List contained herein when the Ridgewood Public Schools food service provides the food. The policy does not apply to other groups who run after school or summer programs in our buildings.

Food served at school dances, to celebrate holidays or end of season events, such as team dinners sponsored by the school that take place after school hours or in the evening will observe the Healthy Schools Beverage Guidelines and the Healthy Snack List contained herein only when the Ridgewood Public Schools food service provides the food. Schools are strongly encouraged to consider healthier options when planning food for school dances; however, they may continue to order and sell pizza and soda during dances and end of season events or award ceremonies. Schools must make available other approved beverage options during these events (including water and 100% juice).



Special events such as plays or concerts and holidays (e.g. Valentine's Day), which have traditionally been celebrated with pupils exchanging cards and candy may continue. However, candy may not be distributed at school. Food items provided by parent(s) or legal guardian(s) at these events should follow the Food Safety Guidelines contained herein, and should be accompanied by a list of ingredients. Teachers and staff are encouraged to utilize the Ridgewood Public Schools food service to provide food for these events.

Students and Personal Consumption

Snacks can be consumed in the classroom if permitted by the classroom teacher. Parent(s) or legal guardian(s) are asked to use the Healthy Snack List contained herein if they are sending snacks for the entire class.

Pupils may bring soda, other non-approved beverages, baked goods or candy to school for their own consumption.

A goal of the policy is that as pupils learn about healthy nutrition, they will bring healthy beverages and lunches to school; however the guidelines do not limit what pupils can bring to school. Pupils cannot bring soda or candy to be sold to other pupils or for consumption at a classroom party or celebration.

Safety Concerns - Food Allergies

The Ridgewood Public Schools food service will not serve foods containing peanuts or nut products in elementary schools. Pupil projects prepared at school shall be peanut and nut free as well as not including edible seeds. Pupils may still bring peanut butter sandwiches or other peanut or nut items in their personal lunches.

Fundraisers

Candy may not be sold. There is no limit on the sale of food items, other than candy, for fundraising. However, food and beverage items that do not meet approved guidelines cannot be sold during the school day.

Schools can still hold bake sales. Items can be home baked and do not need to be commercially prepackaged. All school staff should note the following when planning bake sales from which pupils will be permitted to purchase items:

- Pupils should not be allowed to purchase items from bake sales before lunch is served.



- Bake sales should be infrequent events in schools.
- As much as possible, bake sales should attempt to offer healthier items in keeping with the goals of Board Policy.
- Food items prepared at home and sold at bake sales cannot include peanuts or tree nuts and must include a list of ingredients.
- Bake sale items prepared at home should be prepared in accordance with the Food Safety Guidelines contained herein.

School clubs can sell candy at a stand on school grounds during weekend and evening sporting events or band concerts.

Curriculum and Food Items

Preparing and serving food in classrooms other than Family and Consumer Education classes is permitted only when directly related to the curriculum.

The use of food items for pupil projects is unrestricted except that they shall be peanut and nut free as well as not including edible seeds.

No foods will be used as a reward, a manipulative, or in activities that involve pupils handling and eating food. This includes candy. Specific foods used in science projects or culinary classes are exempt from this regulation (e.g. science lesson that demonstrates the number of calories in a specific food item).

Staff

Board Policy applies to pupils only. Staff members are encouraged to model good health practices. Vending machines in staff lounges may still be stocked with soda and diet soda. However, school staff is encouraged to consider adding more healthy options to their vending machine choices. Vending machines in buildings that are accessible to pupils will have to comply with Board Policy on vending.

Special Circumstances

Pursuant to Board Policy, these procedures do not apply to: medically authorized special needs diets pursuant to Federal regulations; school nurses using FMNVs during the course of providing health care to individual pupils; or special needs pupils whose Individualized Education Plan (IEP) indicates their use for behavior modification.



Healthy Schools Beverage Guidelines

Elementary School

- Bottled water
- Up to 8 ounce servings of milk* and 100% juice**
- Low fat and non fat regular and flavored milk* with up to 150 calories/8 ounces
- 100% juice** with no added sweeteners and up to 120 calories/8 ounces

Middle School

- Bottled water
- Up to 10 ounce servings of milk* and 100% juice**
- Low fat and non fat regular and flavored milk* with up to 150 calories/10 ounces
- 100% Juice** with no added sweeteners and up to 120 calories/10 ounces

High School

- Bottled water
- No or low calorie beverages with up to 10 calories/8 ounces
- Up to 12 ounce servings of milk*, 100% juice**, light juice, and sports drink
- Low fat and non fat regular and flavored milk* with up to 150 calories/8 ounces
- 100% juice** with no added sweeteners and up to 120 calories/8 ounces
- Light juices and sports drinks with no more than 66 calories/8 ounces
- At least 50% of beverages must be water and no or low calorie options



Time of Day

- All beverages sold on school grounds during the regular and extended school day. The extended school day includes activities such as clubs, yearbook, band and choir practice, student government, drama, and childcare/latchkey programs.
- This beverage policy does not apply to school related events (such as interscholastic sporting events, school plays, and band concerts) where parents and other adults constitute a significant portion of the audience or are selling beverages as boosters.

*Milk includes nutritionally equivalent milk alternatives (per USDA), such as soymilk.

**100% Juice that contains at least 100 of the recommended daily value for three or more vitamins and minerals.

Healthy Snack List - Examples

Items on this list serve as examples of those that meet the nutritional standards described in these procedures. Other items are acceptable if they meet the nutritional standards described.

All items must be peanut and nut free. This includes snacks with almonds, Brazil nuts, cashews, hazelnuts, macadamias, pecans, pine nuts, pistachios, walnuts, and edible seeds.

Brand names are indicated because at this time, these items are peanut and nut free. Snacks containing peanuts or other nuts should not be served at school. This includes snacks with almonds, Brazil nuts, cashews, hazelnuts, macadamias, pecans, pine nuts, pistachios, walnut, and edible seeds.

Milk, eggs, fish, shellfish, wheat, soy, along with peanuts and tree nuts, are responsible for 90% of all food allergy reactions in children.

Food prepared at home and served at school should be accompanied by a list of ingredients used to prepare the food item.

Cookies, cakes, chips, and ice cream should be saved for occasional treats.



Fruits/Vegetables

- Any fresh fruit, including oranges, apples, bananas, grapes, pears, plums, and tangerines that has been thoroughly washed
- Applesauce cups
- Raisins and other dried fruits - prepackaged (Except Eileen's brand)
- Fruit cups (canned)
- Any pre-packaged fresh vegetables (e.g. baby carrots) and low fat dips

Juices

- 100% fruit or vegetable juices

Dairy

- Yogurt in individual cups or tubes
- Pudding in individual cups, cans or tubes
- String cheese or other individually packaged cheeses (1 oz.)
- Frozen yogurt bars

Crackers/Snack Items

Nabisco/Kraft brands: Examples

- Crackers (Wheat Thins, Triscuits or Vegetable Thins)
- Red Oval Farms Stoned Wheat Thins
- Honey Maid Graham Crackers or Sticks (honey, cinnamon, or chocolate flavor)
- Ritz crackers (original flavor or wheat), dinosaurs or sticks (Except Ritz bits)
- Cheese Nips or Better Cheddars
- Teddy Grahams or Teddy Graham character brands
- Barnum's Animal Crackers



Keebler Brand: Examples

- Wheatables (wheat or honey flavors)
- Club Crackers
- Town House Crackers
- Scooby Doo Graham Cracker Sticks
- Grahams
- Sunshine Cheez-Its
- Saltines and Oyster Crackers (any)
- Pepperidge Farm Goldfish Crackers (any Except Sandwich Snackers)
- Breton Brand Crackers

Cereals

- Cheerios (Except Honey Nut or Frosted Cheerios)
- Raisin Bran
- Grape Nuts
- Frosted Mini-Wheats
- Wheaties
- Rice Chex, Corn Chex, Wheat Chex or Multibran Chex
- Honey Maid Soft Baked Bars
- Kellogg's Apple Jacks or Mini Wheats
- Cracklin' Oat Bran
- Corn Bran



Cereal Bars

- Kellogg's Nutrigrain Bars
- Quaker Fruit and Oatmeal Bites

Other

- Small bagels (Lenders and Thomas brand) with cream cheese (no nut types)
- Popcorn (no or low fat)
- Baked Tortilla Chips and Salsa (Tostitos brand)
- Frozen treats such as 1000 fruit/juice pops
- Jello snacks (individual cups)
- Popcorn (Pop-Secret brand)
- New York Bagel Chips
- Handi Snacks with cheese and red sticks
- Pretzels - Rold Gold and most other brands are peanut free
- Quaker Crispins

Please read labels carefully to make sure the products are nut free. No more than 30% of calories can come from fat and no more than 10% from saturated fat. Avoid trans fats.

Food Safety Guidelines

Wash Hands, Surfaces and Utensils

Always wash hands, surfaces, and utensils before preparing food.



Cook

Cook food to the following safe temperatures, and use a food thermometer to make sure it's done.

- 160°F for fish, roasts, steak, pork or ground meats like hamburger and sausage.
- 165°F for ground turkey or chicken.
- 180°F for whole poultry, casseroles, and stuffed meats.

Additional Reminders

- If foods must be transported:

Hot Foods: Use a crock-pot or other container to keep the food hot or wrap it in foil and heavy towels.

Cold Foods: Use a cooler with ice or freezer packs.
- Keep hot foods at or above 140°F during the event. Use electrical hot holding devices such as Nesco roasters or crock-pots.
- If foods were previously cooked and cooled, they should be reheated to at least 165°F before serving.
- All foods should have serving utensils such as spoons, tongs, spatulas, or forks. No one should handle food on the serving table with bare hands.
- If perishable food has been held at room temperature during serving and/or transport for more than two hours, throw the food away. It may have germs in it that may not be destroyed during reheating.
- Do not let hot foods sit out to cool. Refrigerate foods quickly after cooking or serving. Use small, shallow containers and make sure there is room for air to circulate around the food in the refrigerator.
- Prepared foods shall not contain peanuts or nuts and shall be accompanied and displayed with a list of ingredients used.

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