

## **Wellness Policy on Nutrition and Physical Activity**

### **Background**

In the Child Nutrition and WIC Reauthorization Act of 2004, the U.S. Congress established a new requirement that all school districts with a federally-funded school meals program develop and implement wellness policies that address nutrition and physical activity by the start of the 2006-2007 school year.

The Healthy, Hunger-Free Kids Act of 2010 authorizes funding for federal school meal and child nutrition programs and increases access to healthy food for low-income children. It also strengthens the implementation of school wellness policies as a means of ensuring the health and wellness of students, faculty and staff of the district.

### **The UrbanPromise Board recognizes the following about wellness, nutrition, and physical activity:**

Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Good health fosters student attendance and education;

According to the United States Department of Agriculture (USDA), obesity rates have increased over the last few decades, and physical inactivity and excessive calorie intake are contributing factors to obesity;

USDA and CDC statistics show that heart disease, cancer, stroke, and diabetes are responsible for many deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Many students do not participate in sufficient vigorous physical activity and do not attend daily physical education classes;

Many school age children do not meet the USDA recommendations for eating 2 ½ cups to 6 ½ cups of fruits and vegetables each day. They do not eat the minimum recommended amounts of whole grains (2-3 ounces per day) and eat more than the recommended maximum daily intake of sodium (1,500 – 2,300 mg per day). The empty calories from added sugars and solid fats contribute to as much as 40% of daily calories for children and adolescents aged 2–18 years, affecting the overall quality of their diets.

Nationally, items commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

School districts around the country are facing significant fiscal and scheduling constraints and community participation is essential to the development and implementation of successful school wellness policies.

## **Response**

In response to the national obesity epidemic, UrbanPromise Ministries (UPM) is committed to providing environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the strategy of UPM that:

- A. UPM will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity strategies.
- B. All students in grades K-12 will have support and encouragement to be physically active for at least 60 minutes per day.
- C. Foods and beverages sold or served at school shall meet the nutrition recommendations of the current USDA Guidelines for Americans.
- D. To the extent hiring and volunteerism allows, qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and to the extent possible and practicable, should accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

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### **Key Words**

Nutrition, Wellness, Obesity, School Lunch, Food Service

### **Legal References:**

*N.J.S.A. 18A:11-1*, General mandatory powers and duties

*N.J.S.A. 18A:18A-4.1 (f.- h.)*, Use of competitive contracting in lieu of public bidding; Boards of education

*N.J.S.A. 18A:18A-5*

*N.J.S.A. 18A:18A-6*, Standards for purchase of fresh milk; penalties; rules and regulations

*N.J.S.A. 18A:33-3 through -5*, Cafeterias for pupils

*N.J.S.A. 18A:33-9 through -14*, Findings, declarations relative to school breakfast programs.

*N.J.S.A. 18A:33-10*

*N.J.S.A. 18A:33-15*, Improved Nutrition and Activity Act (IMPACT Act)

N.J.S.A. 18A:33-16, Prohibition upon the service, sale, or give-away promotionals of certain food items on school property; snack and beverage item standards; exemptions

N.J.S.A. 18A:54-20, Powers of Board (county vocational schools)

N.J.S.A. 18A:58-7.1 through -7.2, School lunch program

N.J.A.C. 2:36-1.1, *et seq.*, Child Nutrition Programs

N.J.A.C. 2:36-1.7, Local school nutrition policy

N.J.A.C. 6A:16-5.1(b), School safety plans

N.J.A.C. 6A:23-2.6, Supplies and equipment

N.J.A.C. 6A:32-12.1, Reporting requirements

N.J.A.C. 6A:32--14.1, Review of mandated programs and services

N.J.A.C. 6A:30-1.1, *et seq.*, Evaluation of the Performance of School Districts

Sec. 204 at the Federal Child Nutrition and WIC Reauthorization Act of 2004 (P.L. 108-265)

42 U.S.C. 1751, *et seq.*, Richard B. Russell National School Lunch Act

42 U.S.C. 1771, *et seq.*, Child Nutrition Act of 1966

7 C.F.R. Part 210 Medically authorized special needs diets

7 C.F.R. Part 210.10 Foods of minimum nutritional value

CHILD NUTRITION REAUTHORIZATION HEALTHY HUNGER-FREE KIDS ACT OF 2010

### **Resources:**

*New Jersey Partnership for Healthy Kids - Camden*; MODEL POLICY

<http://www.state.nj.us/agriculture/> The New Jersey Department of Agriculture, Model Policy and Question and Answer resource.

[www.usda.gov/cnpp/DietGd.pdf](http://www.usda.gov/cnpp/DietGd.pdf) Dietary Guidelines for Americans.

[www.usda.gov/cnpp/pyramid.html](http://www.usda.gov/cnpp/pyramid.html) USDA Food Guide for dietary Guidelines, examples of eating patterns that exemplify these standards.

[www.nasbe.org/HealthySchools/fithealthy.mgi](http://www.nasbe.org/HealthySchools/fithealthy.mgi) Fit, Healthy and Ready to Learn, A School Health Policy Guide. This Guide lists elements such as the size of tables and chairs; seating is not overcrowded; a relaxed environment for socializing; amount of noise; rules of safe behavior, and cleanliness.

[www.fns.usda.gov/cnd/menu/fmnv](http://www.fns.usda.gov/cnd/menu/fmnv) foods of minimal nutritional value (FMNV's ) as defined by federal regulations at 7 C.F.R. Part 210.10.

## **Wellness Policy on Nutrition and Physical Activity**

### **TO ACHIEVE THE WELLNESS POLICY GOALS:**

UrbanPromise Ministry (UPM) will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch program, Summer Food Service Program and Fruit and Vegetable Snack Program.

Schools and Children's Youth Ministry (CYM) programs will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs with related community services.

### **I. Develop Wellness Committees**

UPM will create, strengthen, or work within the existing wellness committee to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The committee also will serve as resources to their ministry for implementing those policies. (A Wellness Committee consists of a group of individuals representing the school and community, and should include parents, students, and representatives of the school food provider, members of the school board, school administrators, teachers, health professionals, and members of the public.)

### **II. Nutritional Quality of Foods and Beverages Served in Schools**

#### **During School and Afterschool Meals**

Meals served through the National School Lunch and Breakfast Programs will:

- exceed minimum nutrition requirements established by local, state, and federal statutes and regulations;
- have free water available for all students during lunch and preferably the entire school day;
- offer a variety of fruits and vegetables; to the extent possible, UPM will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week. UPM will encourage to source fresh fruits and vegetables from local farmers when practical.
- be appealing and attractive to students and be served in clean and pleasant settings;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); as recommended by the Dietary Guidelines for Americans 2010; and
- ensure that half of the served grains are whole grain; a whole grain is one labeled as a "whole" grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include "whole" wheat flour, cracked wheat, brown rice, and oatmeal.

UPM should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices.

In addition, UPM should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

### **Encourage Healthy Eating Initiatives**

- 150+ students and 400+ summer campers will have access to breakfast and lunch that exceed USDA standards
- 120 students will participate in taste testing
- 120 students will participate in food naming
- 40 students will engage in gardening for at least 2 hours each
- 20 students will participate in garden-to-table cooking classes
- At least 60% of school students will engage in nutrition education

### **School Breakfast**

To ensure that all children have breakfast, either at home or at UPM, in order to meet their nutritional needs and enhance their ability to learn:

- UPM will offer all students the School Breakfast Program, served before school at both CamdenForward School and UrbanPromise Academy.

- UPM will notify parents and students of the availability of the School Breakfast Program.

- UPM will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

### **Free and Reduced-priced Meals**

UPM will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

It is unethical to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or "paid" meals.

Toward this end, UPM may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as classroom breakfast.

### **Summer Food Service Program**

Schools in which more than 50% of students are eligible for free or reduced-price school meals will sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year, and preferably throughout the entire summer vacation.

## **Meal Times and Scheduling**

UPM:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- will schedule lunch periods to follow recess periods (in elementary schools) when scheduling allows;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- will take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

## **Qualifications of School Food Service Staff**

Qualified nutrition professionals will administer the school meal programs. As part of UPM's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in UPM. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility; School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.

## **Sharing of Foods and Beverages**

UPM shall discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies, communicable diseases and other restrictions on some children's diets.

**Foods and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.)**

**Elementary Schools.** The school food service program will approve and provide all food and beverage sales to students in elementary schools for breakfast and lunch. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, food and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

**Middle/Junior High and High Schools.** In middle/junior high and high schools, all food and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the UPM day, or through programs for students after the UPM day, will meet the following nutrition and portion size standards:

- **Beverages**

- Allowed: water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA);
- Not Recommended: soft drinks; sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

- **Food**

Food items sold individually should include a variety of choices of nutritious foods, such as fruits, vegetables, whole grains and low-fat or non-fat dairy food items. Nutrition information for products offered in snack bars, a la carte, vending and school stores should be readily available at the product display.

## **Fundraising Activities**

To support children's health and school nutrition-education efforts, UPM should encourage fundraisers that promote positive health habits such as the sale of non-food and nutritious food items, as well as fundraising to support physical activity events. Foods and beverages sold at fundraisers should reinforce the importance of healthy choices. Such items could include, but are not limited to, selling fruits and vegetables, whole grain-rich foods, lean protein (such as nuts and seeds), low-fat and nonfat dairy foods and bottled water.

## **Snacks**

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's overall diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water, 100% fruit juice and 1% milk as the primary beverages. UPM will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. UPM will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents. Youth who are involved with after school programs on a regular basis will receive a full meal.

- If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

## **Rewards**

UPM will encourage programs to not use food or beverages, especially those that do not meet the nutrition standards for food and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment. Such non-food items could include, but are not limited to, being able to sit with friends in class, extra credit assignments, no homework passes for the week, books/bookmarks, and certificates.

## **School-sponsored Events (such as, but not limited to, athletic events, dances, or performances)**

Food and beverages offered or sold at school-sponsored events outside the UPM day will meet the nutrition standards for meals or for food and beverages sold individually (above).

## **Farm to School Program**

UPM will support the development of “Farm to School” programs to help students eat more nutritious food and promote healthier lifelong eating patterns; support the local economy and local farmers; and teach students about the origins of the food and how the food is grown under the following guidelines:

1. UPM supports the integration of a “Farm to School” program into the school food program as practicality and funding permits; and the curricular and co-curricular activities as appropriate to facilitate the nutritional and educational goals of UPM.
2. Farm to School programs enhance the nutritional and educational experience of school children by providing:
  - a. Nutritious, locally grown food as part of the school UPM food program as practicality and funding permits;
  - b. Opportunities for our youth to experience garden to table cooking classes.
3. UPM will support the sustainability of a “Farm to School” program through activities including, but not limited to, fundraising, solicitation of community donations, use of existing resources, and allocation of UPM funds.
4. Farm to School programs provide students with the opportunity to eat healthy, locally grown food and be exposed to a variety of fresh produce that reflects the ethnic and cultural diversity of the student population.

## **UrbanPromise Ministries Food Co-op**

UPM, in partnership with Touch New Jersey, True Covenant Worship Center, Fresh Start Worship Center and Second Chance Outreach Services, started a food co-op October 1, 2014, and has 200 members. Recognizing that selection can be limited as all items are donated through Touch New Jersey (an agency of Philabundance), the food co-op focuses on providing access to foods that are fresh, represent all food groups, and to the extent possible, come from

local sources (especially seasonal produce). We avoid providing beverages with sugar as the first ingredient, and limit the amount of food available with sugar as the first ingredient.

As foodstuffs are collected and delivered from donors, they are displayed by nutritional value using stoplight colors: green foods will be encouraged to be eaten as much as possible; yellow with caution and red foods will be very limited. As seasonal produce becomes available, recipes showing simple and nutritious preparation are included with distribution in both English and Spanish.

Once a month members are expected to participate in a community meal. This fosters relationships and provides opportunities for education.

### **Food Allergy Management**

UPM shall strive to provide and maintain a safe and secure environment for students with diagnosed life threatening allergies. A comprehensive approach to compliance with this strategy requires, but is not limited to, a focused effort by parents, students, school staff and bus/van transportation personnel. The following strategies are designed to maintain a safe and secure environment for students with life threatening food allergies by defining (i) preventative measures and (ii) emergency response procedures.

Standards for providing and maintaining a safe and secure environment for students with life threatening food allergies will address the following five key areas:

1. Education and training shall be provided to all key personnel to include such things as epi-pen administration, emergency plans and procedures and implementation of a safe environment.
2. Education and awareness training shall be offered to students and parents.
3. Emergency plans and procedures shall be put in place for responding in a timely manner to emergency situations involving students with food allergies.
4. Personnel must be available to monitor day-to-day compliance with the Strategy and implement emergency plans and procedures.
5. A safe environment must be provided for students with life threatening allergies. UPM shall assure that adequate procedures are put in place to monitor and enforce compliance with the Strategy.

### **III. Nutrition and Physical Activity Promotion and Food Marketing**

The District aims to teach, encourage, and support healthy eating by students. UPM programs should ensure that students in each grade level receive nutrition education that provides the knowledge they need to adopt healthy lifestyles. Nutrition education should be well-integrated within a comprehensive school health education program and should include instruction that helps students learn more about the importance of various food groups; caloric, sugar and fat intake; food marketing; and the relationship of a balanced diet and regular exercise to a healthy lifestyle.

#### **Integrating Physical Activity into the Classroom Setting**

For students to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day) and to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Towards that end:

- classroom health education will compliment physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, with the goal of at least one minute of movement per hour.

### **Communications with Parents**

UPM will support parents' efforts to provide a healthy diet and daily physical activity for their children. UPM will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on UPM websites. UPM should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and food that do not meet the above nutrition standards for individual food and beverages. The wellness committee will provide parents a list of food that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, UPM will provide opportunities for parents to share their healthy food practices with others in the UPM community.

UPM will provide information about physical education and other school-based physical activity opportunities before, during, and after the UPM day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

### **Food Marketing in Schools**

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of food and beverages that meet the nutrition standards for meals or for food and beverages sold individually (above); The promotion of healthy food, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

### **Staff Wellness**

UPM highly values the health and well-being of every staff member, recognizing the particular challenges that come with working with youth who are at high risk of being traumatized. In light of this staff care is a major priority and includes these initiatives:

- Annual staff week every February (including access to free vacation homes as available)
- 30 minute massages offered twice a month
- Monthly education offered to be trauma-informed and promote self-care
- Web portal links to wellness topics
- Access to free produce from our garden

- Access to free counseling services

Initiatives are reviewed on a regular basis and revised as appropriate.

#### **IV. Physical Activity Opportunities and Physical Education**

##### **Daily Physical Education (P.E.) K-12:**

All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical activity for the entire school year. All physical education will be taught by a certified physical education teacher. By the end of 2015 school year, the goal is for all students to have 150 minutes of physical activity per week, which includes activity during recess.

Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

##### **Daily Recess**

Students from kindergarten through 5<sup>th</sup> grade will have 45 minutes a day of structured and supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. UPM should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, UPM should give students periodic breaks during which they are encouraged to stand and be moderately active. Useful self-assessment and planning tools include the School Health Index from the Centers for Disease Control and Prevention (CDC), Changing the Scene from the Team Nutrition Program of the U.S. Department of Agriculture (USDA), and Opportunity to Learn Standards for Elementary, Middle, and High School Physical Education from the National Association for Sport and Physical Education.

##### **Physical Activity Opportunities After School**

Students at UPM will have the opportunity to participate in interscholastic sports programs through the local public schools. UPM will work to facilitate those opportunities. The schools may also offer extracurricular physical activity programs, such as UrbanTrekks activities and other physical activity clubs or intramural programs.

AfterSchool Programs (ASPs) will provide and encourage – verbally and through the provision of space, equipment, and activities – periods of moderate to vigorous physical activity for all participants several times per week as the program facility and neighborhood resources allow.

##### **Physical Activity as Punishment**

Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

## **Safe Routes to School**

UPM will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, UPM leadership team will work together with local public works, public safety, and/or police departments in those efforts. UPM will explore the availability of federal “Safe Routes to School” funds, administered by the state department of transportation, to finance such improvements. UPM will encourage students to use public transportation when available and appropriate for travel to school, and will work with the local transit agency to provide transit passes for students.

## **Use of School Facilities Outside of School Hours**

UPM spaces and facilities should be available to students, staff, and community members before, during, and after the UPM day, on weekends, and during vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. UPM strategies concerning safety will apply at all times.

UPM may lease the property for any lawful purpose, including recreational, educational, political, economic, artistic, moral, scientific, social, religious, or other civic or governmental purpose in the interest of the community. Free use of property may be allowed for school-related groups, community members, or by organizations whose membership is open to the public and whose activities promote the educational function of the school.

## **V. Monitoring and Policy Review**

### **Monitoring**

The UPM leadership team will ensure compliance with established district-wide nutrition and physical activity wellness strategies. The UPM leadership team will ensure compliance with those strategies in UPM and will report on the compliance to UPM’s wellness director

School food service staff will ensure compliance with nutrition policies within school food service areas. In addition, the UPM will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received an SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

The UPM leadership team will develop a summary report every three years on district-wide compliance with the established nutrition and physical activity wellness policies. That report will be provided to the school board and also distributed to all school health committees, parent/teacher organizations, school principals, and school health services personnel in the district.

### **Policy Review**

Assessments will be made every three years to help review strategy compliance, assess progress, and determine areas in need of improvement. As part of that review, the UPM will review their nutrition and physical activity strategies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education strategies and program

elements. UPM, will, as necessary, revise the wellness strategies and develop work plans to facilitate their implementation.

## **VI. Exceptions**

In certain instances, this regulation shall not apply to:

- medically authorized special needs diets pursuant to federal regulations;
- school nurses using food of minimal nutritional value during the course of providing health care to individual students; and
- special needs students whose Individualized Education Plan (IEP) indicates their use for behavior modification.