

WELLNESS & NUTRITION

Pursuant to Moonachie Board of Education Local Wellness and Nutrition Policy #8505 ———

- Energy drinks are not allowed in school.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans, and the USDA nutrition standards for National School Lunch, School Breakfast and/or After School Snack Programs. The district will regulate the types of food and beverage items offered outside the federal meal requirements, such as ala carte sales, vending machines, school stores, and fund raisers.
- The following items shall not be served, sold or given out as free promotion anywhere on school property at anytime before the end of the school day:
 - A. Foods of minimal nutritional value as defined by the United States Department of Agriculture
 - B. All food and beverage items listing sugar, in any form as the first ingredient
 - C. All forms of candy
- All snack and beverage items sold or served anywhere on school property during the school day, including items sold in a la carte lines, vending machines, snack bars, school stores and fundraisers or served in the reimbursable After School Snack Program, shall meet the following standards:
 - D. Based on manufacturers nutritional data or nutrient facts labels:
 - 1. No more than eight grams of total fat per serving, with the exception of nuts and seeds.
 - 2. No more than two grams of saturated fat per serving.
 - E. All beverages shall not exceed 12 ounces, with the following exceptions:
 - 1. Water.
 - 2. Milk containing two percent or less fat.
 - F. No more than 40 percent of all ice cream/frozen desserts shall be allowed to exceed the above standards for sugar, fat, and saturated fat.

The school wellness initiative needs your endorsement and support to be successful. In order to provide a healthy school environment the goals of the Local School Wellness Policy are to:

- Provide students with healthy, nutritious foods.

- Encourage the consumption of fresh fruits and vegetables, low fat milk and whole grains.
- Support healthy eating through nutrition education.
- Encourage students to select and consume all components of the school meals.
- Provide students with the opportunity to engage in daily physical activity.
- Provide a pleasant dining environment with adequate time allowed for student meal service and consumption.
- Recommended that physical education or recess be scheduled before lunch whenever possible.
- Insure that school staff has the necessary skills needed to implement the policy.

Healthy Snack Suggestions for Special School Celebrations and Classroom Parties

- Apples
- Bananas
- Carrots
- Dry cereal (unsweetened, whole grain)
- Edamame (soy beans)
- Fig bars
- Graham crackers w/peanut butter
- Hummus w/whole wheat pita bread
- Individual pudding cups (low fat)
- Juice (100% fruit juice)
- Low-fat cheese
- Mini muffins (low fat)
- Nectarines
- Orange sections
- Pretzels, Popcorn (low fat)
- Rice cakes
- Strawberries, smoothies (fruit and low fat yogurt)
- Tortilla chips (baked) w/salsa
- Unsweetened applesauce
- Vanilla yogurt (low-fat) dip with fruit
- Walnuts
- Yogurt, frozen (low fat)
- Zucchini sticks w/(low fat) ranch dressing

Healthy School Parties

- Fresh fruit
- Raw vegetables/low fat ranch dip/salsa
- Baked chips
- Low fat popcorn
- Baked tortilla chips/salsa
- Nuts & seeds
- Fig cookies
- Low fat pudding
- Soft pretzels & mustard

- String cheese
- Granola bars
- 100% fruit juice
- Bottled water
- Low fat milk
- Animalcrackers

Things to Remember:

- Avoid allergic reactions in the classroom. The most common food allergens in children are eggs, milk and peanuts.
- Food-safety – keep hot foods hot/cold foods cold, avoid cross contamination and wash hands and surfaces often.