

# Margate City Public Schools

## Food Service

September 2009

Dear Parents/Guardians, Students and Staff:

This notice contains information about our Nutrition Policy.

### A. Background

All schools participating in any federally funded Child Nutrition Program are required to adopt a Wellness/Nutrition Policy beginning with the 2006/2007 school year. A synopsis of the policy goals for the 2009/2010 school year is listed below:

Schools will ...

- Provide students with healthy and nutritious food
- Encourage the consumption of fresh fruits and vegetables, low fat milk and whole grains
- Support healthy eating through nutrition education
- Encourage students to consume all components of the schools meal choices/healthy bag lunches from home
- Provide students with the opportunity to engage in daily physical activity

I know that some of you may feel that these goals may greatly change the menus of our Child Nutrition Program, but not so. In regard to the above, our requirements will remain the same, with very little difference in the actual lunch menus. The Food Service Department must continue to meet federal nutrient standards relating to all meals and any other event that takes place during the school day. These requirements are already met in all the areas noted.

### B. Nutrition Standards

All snack and beverage items sold or served anywhere on our school property during the school day, including items sold in vending machines must meet the following standards:

- i. Based on manufacturer's nutritional data or nutrient facts labels ...
  1. No more than **8 grams of total fat per serving** (with the exception of nuts and seeds)
  2. No more than **2 grams of saturated fat per serving**
- ii. All beverages will not exceed 12 ounces, with the following exceptions ...
  1. Water
  2. Milk containing 2% or less fat
  3. Whole milk will not exceed 8 ounces
- iii. We will be following the guidelines in regard to beverages which reads ...
  1. 100% of all beverages offered will be milk, water or 100% fruit or vegetable juices

### C. Further Requirements

The following items may not be served, sold or given out as free promotion by anyone, anywhere on school property at anytime before the end of the school day:

- Foods of minimal nutritional value (FMNV) as defined by the U.S. Department of Agriculture regulations (i.e. hard candy, jellies and gums, marshmallow candies, licorice, spun candy, fondant, candy-coated popcorn)
- All food and beverage items listing sugar as the first ingredient in any form (glucose, fructose, sucrose)
- All forms of candy

### D. Classroom Celebrations, Holiday Parties and Curriculum Related Activities

This is an especially important area. We believe that special celebrations are a vital part of a youngster's schooling. Therefore, food and beverages served during special school celebrations or during curriculum related activities shall be exempt from this the Margate City School Nutrition Policy, with the exception of foods of minimal nutritional value as defined by USDA regulations.

Ideas for recommended snack foods such as baked chips, lowfat popcorn, soft pretzels, pudding, string cheese, cereal bar, yogurt, bagels with lowfat cream cheese, baby carrots and other vegetables with lowfat dip, fig cookies, animal crackers, etc. It is imperative that the parent checks with the Food Service Director, at 513-0007 or [dgold@margateschools.org](mailto:dgold@margateschools.org), as to whether there are any students who have food allergies and/or health restrictions in the classroom. Room Mom's, Dad's, teachers, and adults placed in charge of birthday parties, holiday celebrations, dances, etc. will keep in accordance with these regulations.

### E. In Closing ...

We hope that this information and explanation has been helpful to you. Parents can view a copy of the Margate Board of Education School Nutrition Policy on the Home page of our website. Also, for more information, please contact:

State of New Jersey  
Department of Agriculture  
Division of Food and Nutrition  
Bureau of Child Nutrition  
P. O. Box 334  
Trenton, NJ 08625-0334  
Telephone: 609-984-0692  
Website: [www.state.nj.us/agriculture](http://www.state.nj.us/agriculture)

Very truly yours,  
Dr. Theresa DeFranco  
Superintendent of Schools