Dear Parents/Guardians,

Nutri-Serve would like to inform you of our prepayment program. This program is to allow you to put money into your child’s account. This payment option will speed up your child’s service and enable you to monitor his or her purchases. Prepayments are available in the following increments:

5 days for $14.75  10 days for $29.50  20 days for $59.00

Please note the price of lunch is $2.95

Prepayments are put into your child’s account. It is one account for both lunch and snack. If you prefer your child to NOT purchase snack, please note this on the form below. Also, you can request to limit your child’s snacks, by stressing how much your child can spend per day. This limit can be put directly on the account.

Thank you for your cooperation and assistance. If you have any concerns, please contact the kitchen at 629-6419. Please make checks payable to St. Mary’s School Cafeteria.

*****************************************************************************

Name: ________________________ Date: ________________________
Room: _______________________

5 days $14.75______ 10 days $29.50______ 20 days $59.00______

Please make checks payable to St. Mary’s School Cafeteria.
6641 PUPIL LUNCH CHARGES

In the event a parent(s) or legal guardian(s) of a pupil enrolled in St. Mary’s School does not prepare a lunch for their child or does not provide their child money to purchase lunch for a school day and to avoid a pupil going throughout the school day without proper nourishment, the school district will provide the pupil a lunch with the cost to be reimbursed by the parent(s) or legal guardian(s).

The pupil will be allowed to charge three (3) meals. After the third lunch charge, the pupil will receive a cheese sandwich, choice of 2 fruits and 2 vegetables along with a low-fat milk choice. The food service manager or head cook will be required to approve such charge and will provide the pupil with documentation indicating the date the lunch was provided and the amount of money owed. The pupil and/or parent(s) or legal guardian(s) shall be required to pay to the school’s cafeteria manager or head cook the charge amount in cash or check made payable to the Food Service Program within ten school days of the charge.

In the event of extensive non-payment of lunch charges, appropriate disciplinary action may be initiated by school administration.

If matters continue, then it will be referred to the social worker and payment procedures will be set in place by the food service director.

Adopted: 21 October 2013
Celebrate Your Child's Birthday!

Nutri-Serve Food Management would like to help serve a healthy snack for your child’s birthday. You can purchase a “Birthday Treat” for your child and their classmates.

The Cafeteria will provide each student in your child’s class with a birthday bag containing your choice of the following:

Please Circle Your Snack Choice

1. Soft Pretzel for $.75 each
2. Ice Cream for $1.00 each
3. Popcorn Bag for $.75 each

All Items Meet with State of New Jersey Model Nutrition Requirements

You have the opportunity to choose the birthday treat for your child’s class. In addition, the birthday child will receive a “birthday surprise!” All snacks will be delivered to your child and classmates in the cafeteria during lunch.

ORDER FORM
PLEASE RETURN TO THE CAFETERIA AT LEAST 48 HOURS BEFORE THE PARTY DATE.

Student’s Name:_____________________________________________

Birthday Celebration Date:_____________________________________

Teacher:___________________________________________________

Parent’s Phone Number:______________________________________

Number of Students in Class OR Grade________ x $________ per child=___________

PAYMENT MUST BE INCLUDED WITH ORDER

Checks are made payable to St Mary School Cafeteria
Saint Mary’s Williamstown is committed to providing school environments that promote and protect children’s health, well-being, and ability to learn by supporting healthy eating.

School Meals:

Meals served through the Program will:
- be pleasing and attractive to children;
- be served in clean and pleasant atmosphere;
- meet, at a minimum, nutrition requirements set forth by local, state, and federal laws and regulations;
- offer a variety of fruits and vegetables;
- serve fat-free milk and nutritionally-equivalent nondairy alternatives (to be defined by the USDA); and
- ensure that at least half of the grains served are whole grains.

Food service workers will engage students and faculty through committee meetings and taste-tests of new food and beverage items, in order to identify new, healthy, and appealing food choices. In addition, schools will share information about the nutritional content of meals with parents and students.

We will accept the following standards on our school campuses for our Wellness Policy implementation as of September 01.

District-Wide Goals:

1. Free and reduced-priced meals:
The Point of Sale computer system which is implemented in every school 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 meals. This system utilizes electronic identification and payment systems.

2. Food:
A food item sold individually:
- will have no more than 30% of its calories from fat (excluding nuts, seeds, peanut butter and/or other nut butters) and 10% of its calories from saturated fat;
- will not have the first ingredient listed as sugar.

A choice of at least two fruits and non-fried vegetables will be offered daily. Such items may include, but are not limited to, fresh fruits and vegetables, 100% fruit or vegetable juice, cooked, dried, or canned fruits (canned in fruit juice or light syrup), and cooked, dried, or canned vegetables (that meet the above stated fat guidelines).
3. **Portion Control:**
   No individual a la carte item will be more than one serving per portion.

A committee shall be formed within the school administration including Principals, Health Instructors, Physical Education Faculty, Parents, Students, Food Service Management, and Board Members.
Goals to be adapted by June 1 should address for following year::

- Nutrition Education
- Physical activity
- Meal times and scheduling
- Other school-based activities such as, but not limited to, sporting events, fundraising activities, rewards, celebrations (including “cupcake moms”)
New Jersey
School Nutrition/Wellness Policy

The Board of Education, or recognized school authority, 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; and.
- Providing students with the opportunity to engage in daily physical activity.

All reimbursable meals shall meet Federal nutrient standards as required by the U.S. Department of Agriculture Child Nutrition Program regulations. All items served as part of the After School Snack Program shall meet the standards as outlined within this policy.

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

- Foods of minimal nutritional value (FMNV) as defined by U.S. Department of Agriculture regulations;
- All food and beverage items listing sugar, in any form, as the first ingredient; and
- All forms of candy.

Schools shall reduce the purchase of any products containing trans fats. (Federal labeling of trans fats on all food products is required by January 1, 2006.)

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:

1) Based on manufacturers nutritional data or nutrient facts labels:
   - No more than eight grams of total fat per serving, with the exception of nuts and seeds.
   - No more than two grams of saturated fat per serving.

2) All beverages shall not exceed 12 ounces, with the following exceptions:
   - Water.
   - Milk containing two percent or less fat.

3) Whole milk shall not exceed eight ounces.

In elementary schools:
- 100 percent of all beverages offered shall be milk, water or 100 percent fruit or vegetable juices.

In middle and high schools:
- At least 60 percent of all beverages offered, other than milk and water, shall be 100 percent fruit or vegetable juices.
- 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.
Food and beverages served during special school celebrations or during curriculum related activities shall be exempt from this policy, with the exception of foods of minimal nutritional value as defined by USDA regulations.

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

Adequate time shall be allowed for student meal service and consumption. Schools shall provide a pleasant dining environment. The Board recommends that physical education or recess be scheduled before lunch whenever possible.

This school district’s curriculum shall incorporate nutrition education and physical activity consistent with the New Jersey Department of Education Core Curriculum Standards.

The Board of Education 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. The Board will work toward expanding awareness about this policy among students, parents, teachers and the community at large.
Snapshot of American Kids

- Overfed but undernourished
- Declining physical activity
- Limited health literacy
Fast forward to the Future

American children are growing up to face increasing rates of obesity and chronic disease.
Overfed But Undernourished

% Children Consuming Daily Recommended Intake

Critical Age

Data compiled by Dr. John Lasekan, Ross Labs
Percentage of students who ate five or more servings of fruits and vegetables per day during the past seven days.
Percentage of students who drank three or more glasses of milk per day during the past seven days.

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United States 2003 (Weighted)

Percentages are displayed in black. 95% Confidence interval boundaries are displayed in white.
Percentage of students who attended physical education class daily.

United States 2003 (Weighted)

Percentages are displayed in black. 95% Confidence interval boundaries are displayed in white.
Students who did not participate in at least 20 minutes of vigorous physical activity on 3 or more of the past 7 days and did not do at least 30 minutes of moderate physical activity on 5 or more of the past 7 days.

Percentage

United States 2003 (Weighted)

Percentages are displayed in black. 95% Confidence interval boundaries are displayed in white.
Prevalence of Recommended Physical Activity  
(Moderate intensity, 30 min, 5 day/week)
Only 27 percent of schools require health education in grade 6
20 percent in grade 8
10 percent in grade 9
2 percent in grade 12

(Kann et al. 2001)
Only 10 percent majored in health ed or health ed and PE:

Many teachers feel that they are not prepared to teach specific health topics

Peterson and colleagues Peterson et al., 2001
Why does it matter?

90 million American adults have difficulty understanding and using health information.

Patients with limited health literacy have higher rates of hospitalization and use of emergency services.

IOM; Health Literacy A Perscription to End Confusion 2004
The National Picture

Obesity Trends* Among U.S. Adults
(*BMI ≥ 30, or about 30 lbs overweight for 5′4″ person)

1991

1996

2003

CDC

Source: Behavioral Risk Factor Surveillance System, CDC.
Best and Worst States for Fit Kids

Ten BEST
• Connecticut
• Vermont
• New York
• Massachusetts
• Missouri
• Maine
• West Virginia
• Wisconsin
• Arkansas
• Illinois

Ten WORST
• Iowa
• Wyoming
• Idaho
• Alabama
• South Dakota
• Kansas
• Mississippi
• Nevada
• Nebraska
• Alaska
What’s the Difference?

- **Best states increased/required physical education and physical activity throughout school day.**
- **Increased options for healthy food choices such as fruits, vegetables and lowfat dairy.**
- **Decreased options for less healthy food choices.**
- **Coordinated community projects focused on improving nutrition and activity.**
Why School Wellness?

Health and success in school are interrelated.

Schools cannot achieve their primary mission of education if students and staff are not healthy and fit physically, mentally and socially...

The nation's leading health authorities recommend that schools take an active role in preventing disabling chronic health conditions that create misery and consume a burdensome share of the nation's resources.

National Association of State Boards of Education; Fit, Healthy, and Ready to Learn, 2000
Healthy People 2010

“Schools have more influence on the lives of young people than any other social institution except the family, and provide a setting in which friendship networks develop, socialization occurs, and norms that govern behavior are developed and reinforced.”
CHILDREN MUST BE HEALTHY TO LEARN ...

AND CHILDREN MUST LEARN TO BE HEALTHY.

"My mom says broccoli is a required taste."
Snapshot of Schools

- 55 million students attend U.S. schools
- 35-40% of daily energy consumed at school
- School Breakfast and National School Lunch Programs (USDA) are effective
- Competitive foods -- a la carte, vended foods, school stores -- dilute school’s power
- “Open” lunches - promote fast-food

French, Am J Pub Health 2003; 93:1161
Competitive Foods

90% of schools offer a la carte lunch

Vending machines for students
  76% of high schools
  55% of middle schools
  15% of elementary schools

School stores, snack bars or canteens
  41% of high schools
  35% of middle schools
  9% of elementary schools

School Nutrition Dietary Assessment Study, 2001
A la carte Foods Affect Diet Quality

- Non-participants in NSLP consume 3x more sugars (21% vs 64%)
- Top sellers: pizza, chips, soda, french fries, candy and ice cream
- Access to a la carte and snack bar meals =
  - lower fruit, vegetable and milk
  - higher sweetened beverages and fried veggies

Cullen, Am J Pub Health 2004; 94:463
Can Schools Improve Nutrition?

Kids who participate in National School Lunch Participants consume greater amounts of essential vitamins and minerals, vegetables, milk and milk products, meat and meat substitutes and less soda and/or fruit juices and have overall a better quality diet.

Nutrition Education Changes Knowledge and Choices

Combining nutrition education with school meal programs improves both nutrition knowledge and behavior in and out of school.

Children decreased their cholesterol, total fat, and saturated fat intakes and improved in nutrition knowledge, reported usual behavior, intentions, self-efficacy, and perceived social reinforcement for healthy food choices.

National Cancer Institute’s 5-A-Day for Better Health Program funded several school-based nutrition education programs that resulted in significant increases in children’s intake of fruits and vegetables.

Initial evaluations of the Fruit and Vegetable program indicate that students increased their fruit and vegetable consumption both inside and outside of the school environment.

Preventive Medicine, 1996:25(4);465-477
Can Schools Improve Nutrition Standards AND Maintain Revenues?

- Students will buy and consume healthful foods and beverages—and schools can make money from selling healthful options.

- Of the 17 schools and school districts that reported income data, 12 increased their revenue as a result of the changes and 4 reported no change.

Making It Happen! School Nutrition Success Stories, USDA's Team Nutrition Program.
Nutrition Enhances Achievement

Comprehensive School Health
- Reading and math scores of third and fourth grade students with comprehensive health education were significantly higher.
  - Schoener, Guerrero, and Whitney, 1988

School Breakfast Programs
- Increase learning and academic achievement, improve student attention to academic tasks, reduce visits to the school nurse, decrease behavioral problems.
  - Murphy, Pagano, Nachmani, Sperling, Kane, and Kleinman, 1998

- Positively impact academic performance, absenteeism, and tardiness among low-income elementary school students.
  - Meyers, Sampson, Weitzman, Rogers, and Kayne, 1989

- Enhanced daily nutrient intake and improved nutrient intake were associated with significant improvements in academic performance and psychosocial functioning and decreases in hunger.
Students who participated in school physical education programs did not experience a harmful effect on their standardized test scores, though less time was available for other academic subjects.

Sallis, McKenzie, Kolody, Lewis, Marshall, and Rosengard, 1999; Shephard, 1996; Dwyer, Coonan, Leitch, Hetzel, and Baghurst, 1983.

Physical activity is positively associated with academic performance.

Dwyer, Blizzard, and Dean, 1996

Regular (3 – 5 times per week) periods of moderate to vigorous physical activity enhances the health, academic performance, attitudes and classroom behavior of children at school. Physical education programs are valuable to students and teachers.

Keays JJ, Allison KR; Canadian Journal of Public Health; 1995
Call To Action

“The Nation must take action to assist Americans in balancing healthful eating with regular physical activity. Individuals and groups across all settings must work in concert.”

Ensure daily, quality physical education in all school grades.

Ensure that schools provide healthful foods and beverages on school campuses and at school events.

Adopt policies specifying that all foods and beverages available at school contribute toward eating patterns that are consistent with the Dietary Guidelines for Americans.

U.S. Surgeon General
Richard Carmona
Congress Reinforced This Call

The Child Nutrition and WIC Reauthorization of 2004 requires every local district to develop and implement a Wellness Policy by fall of 2006.
School Wellness Policies

Must:
- Include nutrition guidelines for all foods available on the school campus during the school day.
- Include goals for nutrition education, physical activity, and other school-based activities designed to promote student wellness.

Must:
- Establish a plan for measuring the implementation.
- Involve parents, students, and representatives of the school food authority, school board, administrators and public in development of the policy.
Wellness Policy Timeline

Spring 2005 - USDA memo clarifies task

Spring 2005 - ADA provides information and resources to interested members

2005 – Spring 2006 – Local ed agencies convene stakeholders to write local policy

June 30, 2006 - Local school systems establish wellness policies
Implement.
Evaluate.
Improve.

Keep the cycle going...
The school and community have a shared responsibility to provide all students with access to high-quality foods and nutrition services as an integral part of the total education program. Local school policy, developed through a collaborative process that responds to community needs and priorities, should include the integration of the school nutrition program with education.

Position of The American Dietetic Association, 2000
Schools are a logical place to promote lifelong healthy behaviors. Every school day 50 million young people attend more than 110,000 schools in the United States. Research has shown that well designed, well implemented school based physical activity and nutrition programs can be effective.

Position of the School Nutrition Association (formerly ASFSA)
2002
CDC Says...

“Improving and intensifying efforts to promote physical activity and healthy eating is entirely consistent with the fundamental mission of schools: educating young people to become healthy, productive citizens who can make meaningful contributions to society.

....“States and communities are demonstrating that obstacles can be overcome, effective strategies can be implemented, and schools can play a strong role in improving the lives of young people through physical activity and healthy eating.”

Place trained professionals in decision-making roles. (Registered Dietitians or School Food and Nutrition Specialists)

Implement nutrition standards with accountability.

Provide nutrition education that complements the ability to select a healthful diet with foods that are served in the school nutrition programs.

Solutions for Life
The Time to Act is Now!

The increasing rates of overweight and obesity among youth threaten to jeopardize the future health and productivity of our children.

Nutrient deficits bode ill for long term health.

The need for improved achievement among students demands they be in the best health possible.

The law requires that every district take responsibility for the health and well being of children throughout the school day.
Where do you begin?

**Form the Team**
- Parents
- Students
- Representatives of the School Food Authority
- Representatives of the School board
- School administrators
- Members of the public
- Nutrition and Physical Activity professionals
Assess the Needs In the Community

- CDC health and obesity trend data.
- "Action for Healthy Kids"
  - State profiles & assessment tools.
- USDA’s "Changing the Scene"
  - Improvement Checklist.
- CDC School Health Index:
  - A self assessment and planning guide.
- School Nutrition Association
  - "Keys to Excellence: Standard of Practice for Nutrition Integrity."
Develop Recommendations

- ADA Wellness Policy Tool [www.eatright.org](http://www.eatright.org)
- ADA’s School Nutrition Services DPG & its members (EXPERTS in nutrition in schools)
- National Alliance for Nutrition and Activity model wellness policy [www.schoolwellnesspolicies.org](http://www.schoolwellnesspolicies.org)
- “Fit, Healthy and Ready to Learn.” [http://www.nasbe.org/HealthySchools/fithealthy](http://www.nasbe.org/HealthySchools/fithealthy)
- CDC Guidelines for School Health Programs to Promote Lifelong Healthy Eating and Physical Activity. [http://www.cdc.gov/HealthyYouth/index.htm](http://www.cdc.gov/HealthyYouth/index.htm)
Work Together

- Listen to all who are affected by the policy.
- Anticipate, respond to and involve critics.
- Strategically communicate.
- Involve all student-serving agencies in the community.
- Draw in people from a variety of community groups.
Local Guidelines

Nutrition and physical activity standards should be based on 2005 Dietary Guidelines for Americans (DG’s).

- DG’s are general policy guidelines - not specific food or nutrition standards.
- Must be translated into specific guidelines on the local level to have meaningful impact.
- ADA and its members are uniquely qualified to interpret the guidelines and translate into meaningful local nutrition standards and goals.
Wellness Policies

American Dietetic Association
What you need to know:
♦ You NEED to Pre-Order! Your order is due to the cafeteria ONE WEEK prior to the field trip.
♦ The bagged lunch would be the same price as a lunch served in the cafeteria based off your family’s eligibility: (Free: $0.00, Reduced $0.40, Paid $2.95)

Why it’s a GREAT IDEA?!
♦ You are getting a healthy and affordable meal at your family’s eligibility status pricing!
♦ You can rest assured that your child is consuming a healthy lunch. Each bag lunch would include: a deli sandwich, fruit choice, vegetable choice, and a milk choice. As mandated by the Healthy Hunger Free Kids Acts of 2012, one selection must be a fruit or vegetable choice.
♦ It’s simple! Just detach the form below and place it in a sealed envelope with your child’s full name and teacher to attn: Nutri-Serve. THE LUNCH WILL BE CHARGED TO YOUR CHILD’S LUNCH ACCOUNT. IF THERE IS MONEY ON ACCOUNT FOR PAID/REDUCED STATUSES PAYMENT WILL BE DEDUCTED. CHECK OR CASH MAY ALSO BE ONCLUDED WITH THE BOTTOM PORTION OF THIS FORM.

Choose your lunch and sides for your field trip lunch!

Please Write
Child’s Name:_______________________________ Child’s ID/PIN:___________________________ Grade:________
School Your Child Attends:______________________ Child’s Teacher’s Name:________________________
Date of Field Trip:____/____/____ Destination of Field Trip:______________________________
Parent’s Signature:________________________________________ Date:____/____/_____

Please Check

CHOOSE YOUR LUNCH! Just as in the cafeteria, lunch on a field trip includes the following components: Protein, Grain, Fruit, Veggie & Milk. Under the USDA’s Offer vs. Serve Policy, the student must choose 3 out of 5 components with one component being a fruit or veggie choice.

CHECK Your Entrée– (Protein & Grain)
☐ Ham & Cheese Deli Sandwich ☐ Turkey & Cheese Deli Sandwich ☐ PB & J Sandwich

CHECK your fruit & veggie choice(s). As mandated by the Healthy Hunger-Free Kids Act of 2012 you must choose ONE fruit OR veggie. You may take up to 2 fruits and 2 veggies.
☐ Fresh Fruit ☐ 100% Fruit Juice ☐ Baby Carrots ☐ Veggie Patch Offering of Day

CHECK 1 Milk Choice. Under Offer vs. Serve, if you choose an entrée (protein, grain) along with a fruit or veggie you are not required to take a milk.
☐ 1% White ☐ Fat-Free Chocolate ☐ Lactaid (Doctor’s Note Required)