

Saint Vincent Academy Wellness Policy

Saint Vincent Academy recognizes that also 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.

Saint Vincent understands that heart disease, hypertension, diabetes, and colorectal cancer are more prevalent in the communities we serve.

Saint Vincent Academy is committed to:

- Providing students with healthy 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;
- Providing students with the opportunity to engage in daily physical activity during school and extracurricular activities after school.

All reimbursable meals shall meet Federal nutrient standards as required by the U.S. Department of Agriculture Child Nutrition Program regulations.

The following items may not be served, sold or given out as free promotions 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.

Saint Vincent Academy shall reduce the purchase of any products containing trans fat. *(Federal labeling of trans fat 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 line 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 one percent or less fat.

At Saint Vincent Academy:

- At least 60 percent of all beverages offered, other than milk and water, shall be 100 percent fruit or vegetable juices.
- Require beverages served (during special school celebration) offered to students to include water or fruit flavored water (no sugar) and never soda

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 Educational 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. Post attractive posters of healthy foods in cafeteria and hallways. Physical education classes will be scheduled before lunch whenever possible.

Saint Vincent Academy's curriculum shall incorporate nutrition education and physical activity consistent with the New Jersey Department of Education Core Curriculum Standards.

Saint Vincent Academy 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 school will work toward expanding awareness about this policy among students, parents, teachers and the community at large. The school will post the Wellness Policy on the website; www.svanj.org

Offer Versus Serve

What Makes a
School Lunch?

Choose at least **3** of the five food components

- ✓ MUST take ½ cup fruit or vegetable
- ✓ And 2 other full components

FRUIT



VEGETABLE



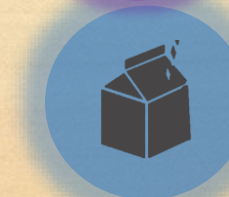
GRAIN



**MEAT/ MEAT
ALTERNATE**



MILK



Choose
all
5
for
best
nutrition!

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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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