

# Wellness Policy

Our District has a Wellness Policy that is focused on improving the health of students. The policy is monitored by our health and wellness advisory council that includes; teachers, parent, administrators, and the district nurse.

## Sharing the Message of Wellness

One of the goals is to share the message on the importance of nutrition and wellness via our website to emphasize the importance of nutrition AND fitness. Our food service site provides information on the menu and links to information about fitness as well as other learning tools.

## Key Areas of our Wellness Policy

Balance is essential for any Wellness Policy. The key areas include:

- Nutrition Promotion
- Nutrition Education
- Physical Activity
- School Based Activities that Promote Student Wellness

Join the Wellness Committee. Contact your School Principal or Food Service Manager to become part of your School's Wellness Team!!

Book District Policies  
 Section Series 3000 - Business and NonInstructional Operation  
 Title FOOD SERVICE  
 Code 3542  
 Status Active  
 Adopted February 10, 2009  
 Last Revised April 30, 2026

**PARAMUS BOARD OF EDUCATION  
 Policy**

X	Monitored
	Mandated
X	Other Reasons

FOOD SERVICE

The school lunch program shall make a nutritionally adequate lunch available to every pupil and shall operate on the most economically feasible basis. Lunch schedules shall afford each child an adequate amount of time to eat his/her lunch.

It shall be operated in strict compliance with all laws and regulations pertaining to health, sanitation and safety; internal accounting; employment practices; nutritional standards; costs of lunches; and periodic reporting required by New Jersey law.

The superintendent is responsible for the administration and operation of the school lunch program in keeping with federal and state laws and the policies and directives of the board.

Key Words

School Lunch, Food Service, Nutrition, Wellness,

- Legal
- [N.J.S.A. 18A 11-1: General mandatory powers and duties](#)
  - [N.J.S.A. 18A 18A-5: Exceptions to requirement for advertising](#)
  - [N.J.S.A. 18A 18A-6: Standards for purchase of fresh milk; penalties; rules and regulations](#)
  - [N.J.S.A. 18A 33-3: Food service bidding exemption](#)
  - [N.J.S.A. 18A 33-4: School lunch; availability to all children](#)
  - [N.J.S.A. 18A 33-5: Exemptions](#)

[N.J.S.A. 18A 54-20: Powers of board](#)

[N.J.S.A. 18A 58-7.1: School lunch program](#)

[N.J.S.A. 18A 58-7.2: School lunch program; additional state aid](#)

[N.J.A.C. 2 36-1.1 et seq. Child Nutrition Programs](#)

[N.J.A.C. 6A 23A-16.5 Supplies and equipment](#)

[N.J.A.C. 6A 30-1.1 Purpose and scope](#)

Book District Policies  
 Section Series 3000 - Business and NonInstructional Operation  
 Title LOCAL WELLNESS/NUTRITION  
 Code 3542.1  
 Status Active  
 Adopted August 28, 2006  
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**PARAMUS BOARD OF EDUCATION  
 Policy**

X	Monitored
X	Mandated
X	Other Reasons

WELLNESS AND NUTRITION

The board believes that children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive, and that good health fosters student attendance and education.

Obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity. Heart disease, cancer, stroke, and diabetes are responsible for two-thirds of 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. Further, the items most 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.

To promote healthful behavior in the school, the board is committed to encouraging its students to consume fresh fruits, vegetables, lowfat milk and whole grains. The board is also committed to encouraging students to select and consume all components of the school meal.

In order to promote and protect children’s health, well-being, and ability to learn, the board is committed to providing school environments that support healthy eating and physical activity and directs the chief school administrator to ensure that the district takes the appropriate measures to meet the following district wellness and nutrition goals:

- A. All students will have opportunities, support, and encouragement to be physically active on a regular basis;
- B. 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 sold outside the federal meal requirements, such as ala carte sales, vending machines, school stores, and

fundraisers;

- C. All students will be provided with adequate time for student meal service and consumption in a clean, safe, and pleasant dining environment. Lunch and recess or physical education schedules will be coordinated with the meal service;
- D. To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program including- After-School Snack Programs, Summer Food Service Program, and Child and Adult Care Food Program);
- E. Schools 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, and with related community services;
- F. The board 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 policies;
- G. District efforts to promote healthy nutrition and nutrition education, physical activity and other school-based activities that promote student wellness shall be measurable and evidence-based strategies and techniques and shall be implemented in each school.

Foods and beverages available for sale including all snack and beverage items sold anywhere on school property during the school day, 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 United States Department of Agriculture, Nutrition Standards for All Foods Sold in School, as required by the Healthy Hunger-Free Kids Acts of 2010 (see 3542.1 Wellness and Nutrition, Federal Nutrition Standards for All Foods Sold in School, Summary Chart).

#### Committee Review

The chief school administrator or his or her designee shall endeavor to engage parents, students, and representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public for the purpose of developing, implementing, monitoring, reviewing, and, as necessary, revising the school nutrition and physical activity initiatives. A committee may be convened to annually review and when necessary recommend revisions to school policies related to wellness and nutrition.

The committee will annually report to the board on the implementation of programs and initiatives related to student wellness and nutrition. The board shall annually review and consider recommendations of the wellness committee.

#### Triennial Assessment

The board shall ensure that a triennial (once every three years) assessment of the district wellness and nutrition policy and programs is completed. The recommendations of the committee shall be reviewed and considered as part of the triennial assessment. The assessment shall measure the implementation of the wellness and nutrition policy, and include:

- A. The extent to which each school is in compliance with the school wellness and nutrition policy;
- B. The extent to which the board wellness and nutrition policy compares to the federal and state model school wellness policies; and
- C. A description of the progress made in attaining the goals of the wellness and nutrition policy.

The board shall update or modify the policy and programs as necessary based on the results of triennial assessment.

#### Physical Activity

For students to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, the board is committed to providing opportunities for physical activity beyond physical education class. Activities that may be implemented include but shall not be limited to:

- A. Health education will complement and reinforce physical education. Students may be taught self-management skills that promote and help maintain a physically active lifestyle and reduce time spent on

sedentary activities, such as watching television;

- B. As initiated and determined by the teacher, opportunities for physical activity may be incorporated into subject area lessons;
- C. Classroom teachers will make an effort to provide short physical activity breaks between lessons or classes, as appropriate;
- D. The daily schedule shall allow for periods of physical activity before or after meal periods and minimum of 20 minutes for recess daily; and
- E. The code of student conduct shall prohibit withholding recess or other periods of physical activity as a consequence or a disciplinary option.

#### Recordkeeping Requirements

The chief school administrator or his or her designee shall maintain records to document compliance with wellness and nutrition policy requirements. These records shall include but are not limited to:

- A. The written wellness and nutrition policy;
- B. Documentation demonstrating compliance with community involvement requirements;
- C. Documentation of the triennial assessment of the wellness and nutrition policy; and
- D. Documentation to demonstrate compliance with the annual public notification requirements.

#### Marketing

The marketing of food or beverages shall only be permitted on the school campus during the school day for foods and beverages that meet the competitive foods requirements.

For purposes of this policy, marketing is defined as advertising and other promotions in schools. Food marketing commonly includes oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product.

The marketing of products on the exterior of vending machines, through posters, menu boards, coolers, trash cans, and other food service equipment, as well as cups used for beverage dispensing are all subject to board policy, and the logos and products marketed in these areas and items are required to meet the competitive foods standards for foods sold in schools. This restriction shall not apply to marketing that occurs at events outside of school hours such as after school sporting or any other events, including school fundraising events.

#### Lunch Offer versus Serve:

Offer versus serve (OVS) is a policy for reimbursable meals that allows students to decline a certain number of food components in the meal in order to reduce plate waste and food cost.

A school lunch eligible for federal reimbursement shall offer five (5) food components in the appropriate amounts per grade grouping:

1. Fruit
2. Vegetable
3. Grains
4. Meat/Meat Alternate
5. Milk

Students are allowed to decline two (2) of the five (5) required food components, but must select at least 1/2 cup of either fruit (or fruit combination) or 1/2 cup of vegetables (or vegetable combination) or 1/2 cup of a fruit/ vegetable combination.

After taking the required 1/2 cup fruit or vegetable, students must select at least two (2) additional components in the full amounts (per grade group requirements) to count toward the reimbursable offer versus serve meal.

The student's decision to accept all five (5) components or to decline two (2) components shall not affect the price charged for the meal. The lunch is priced as a unit. If students do not choose enough food items to comprise a reimbursable meal, a la carte prices will be charged.

School staff cannot require a student to take a particular food component (except the required 1/2 cup fruit or vegetable). It is the student's choice to select three, four or all five components.

Prepackaged meals such as bagged or "grab and go" meals are allowed under OVS. School staff is encouraged to offer some food components/food items with choices (e.g. fruit basket) and/or the option to decline a component/item, such as milk.

At each school implementing the Offer versus Serve Policy:

School food service staff will be trained annually.

Signs will be posted to assist students in identifying a reimbursable meal under OVS

Offer versus Serve will be implemented in all schools.

#### Breakfast Offer versus Serve:

Offer versus serve (OVS) is a policy for reimbursable meals that allows students to decline a certain number of food components in the meal in order to reduce plate waste and food cost.

A school breakfast eligible for federal reimbursement shall offer four **(4) food items** from the three **(3) food components** in the appropriate amounts per grade grouping:

1. Fruit (Including optional vegetables)
2. Grains (Including optional meat/meat alternate)
3. Milk

Students are allowed to decline one (1) of the four (4) *items* offered, but **must select** at least 1/2 cup of fruit (or 1/2 cup of vegetables) or 1/2 cup of a fruit /vegetable combination.

After taking the required 1/2 cup fruit, students must select at least two (2) additional food items in the full amounts (per grade group requirements) to count toward the reimbursable offer versus serve meal.

The student's decision to accept all four (4) food *items* or to decline one (1) food *item* shall not affect the price charged for the meal. The breakfast is priced as a unit. If students do not choose enough food items to comprise a reimbursable meal, a la carte prices will be charged.

School staff cannot require a student to take a particular food component (except the required 1/2 cup fruit). It is the student's choice to select three or all four food items.

Prepackaged meals such as bagged or "grab and go" meals are allowed under OVS. School staff is encouraged to offer some food components/food items with choices (e.g. fruit basket) and/or the option to decline an item, such as milk.

At each school implementing the Offer versus Serve Policy:

School food service staff will be trained annually.

Signs will be posted to assist students in identifying a reimbursable meal under OVS

Offer versus Serve will be implemented in all schools.

#### General Requirements

The district's curriculum shall incorporate nutrition education and physical activity consistent with the New Jersey Student Learning Standards.

Food and beverages that are not sold such as foods and beverages served during special school celebrations or during curriculum related activities shall be exempt from this policy. However, on such occasions healthy food choices such as fruits, vegetable, fruit juice and water shall be made available to all students participating in such activities.

This policy does not apply to: medically authorized special needs diets pursuant to federal regulations; school nurses using food or beverages during the course of providing health care to individual students; or special needs students who's Individualized Education Program (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.

The chief school administrator will specifically address the issue of biosecurity for the school food service. Biosecurity may be part of the plans, procedures and mechanism for school safety.

The board 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.

The chief school administrator shall develop regulations consistent with this policy, including a process for measuring the effectiveness of its implementation, and designating personnel within each school with operational responsibility for ensuring the school is complying with the policy.

The chief school administrator shall ensure that the public is informed about the content of the wellness and nutrition policy. The wellness and nutrition policy and any updates to the policy shall be made available to the public on an annual basis. The policy may be posted on the school website and/or at locations deemed appropriate by the chief school administrator.

### Key Words

School Lunch, Food Service, Nutrition, Wellness,

### Legal

[N.J.S.A. 18A 11-1: General mandatory powers and duties](#)

[N.J.S.A. 18A 18A-4.1: Use of competitive contracting by boards of education; purposes](#)

[N.J.S.A. 18A 18A-5: Exceptions to requirement for advertising](#)

[N.J.S.A. 18A 18A-6: Standards for purchase of fresh milk; penalties; rules and regulations](#)

[N.J.S.A. 18A 33-3: Food service bidding exemption](#)

[N.J.S.A. 18A 33-4: School lunch; availability to all children](#)

[N.J.S.A. 18A 33-5: Exemptions](#)

[N.J.S.A. 18A 33-9: Findings, declarations relative to school breakfast programs](#)

[N.J.S.A. 18A 33-10: Establishment of School Breakfast Program in certain schools](#)

[N.J.S.A. 18A 33-11: Implementation of school breakfast program by district](#)

[N.J.S.A. 18A 33-15: Findings, declarations relative to food, beverages sold to certain school pupils.](#)

[N.J.S.A. 18A 54-20: Powers of board](#)

[N.J.S.A. 18A 58-7.1: School lunch program](#)

[N.J.S.A. 18A 58-7.2: School lunch program; additional state aid](#)

[N.J.A.C. 2 36-1.1 et seq. Child Nutrition Programs](#)

[N.J.A.C. 6A 16-5.1 School safety and security plans](#)

[N.J.A.C. 6A 23A-1.1 et seq Purpose and scope](#)

[N.J.A.C. 6A 23A-16.5 Supplies and equipment](#)

[N.J.A.C. 6A 30-1.1 Purpose and scope](#)

[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 National School Lunch Program](#)

[7 C.F.R. Part 210.10 Foods of minimum nutritional value](#)