



Dear Parents and Guardians,

In accordance with the U.S. Dietary Guidelines and USDA (United States Department of Agriculture) Nutrition Standards, the State of New Jersey implemented Nutritional Guidelines (file code: 5141.5) which must be adopted in all New Jersey schools. You can read more about these guidelines by visiting http://www.nj.gov/agriculture/divisions/fn/childadult/school_model.html or search NJ School Nutrition/Wellness Policy.

Many states, including New Jersey, have put these guidelines in place as a way to combat childhood obesity. Unfortunately, poor diet and inadequate physical activity adversely affect a student's health and well-being. Subsequently this can negatively influence the student's ability and motivation to learn. The Cedar Grove School District has made a strong commitment to support a school environment that will ensure the health and well-being of all our children. This assurance also strives to limit the risk of food exposure for those students who are at risk, being in compliance with the New Jersey Guidelines for the Management of Life-Threatening Allergies in School (N.J.S.A. 18A:40). More and more children are diagnosed every day with life-threatening allergies and it is important our schools limit the opportunities for exposure.

In order to comply with State, and our District's guidelines, all of our schools support and implement the following procedures. Specifically, items that MAY NOT be served, sold or distributed anywhere on school property during the school day are:

- All forms of candy
- All foods and beverages listing sugar, in any form, as the first ingredient
- Foods of minimal nutritional value (FMNV)

NE & SE Schools have adopted a **NON-FOOD** birthday treat policy. However, students are permitted to bring in a small non-food token to distribute to their classmates on their special day. Such items might include stickers, pencils, crayons/coloring book, etc. (Of course, this is optional.) Our staff will continue to give special attention to your child on his/her birthday. Please be advised that all restricted food or drink items will be sent home with you or your child. We do not wish for your child to experience disappointment, therefore, please assist us by complying with these guidelines.

There will be **three** seasonal celebrations where food will be permitted. These celebrations will be Halloween, the Winter Holiday Celebration, and the End of Year Party. The food items served during these parties will follow the State Guidelines and will ensure all students' health needs are considered. Please keep in mind, our intent is not to remove celebrations from other times during the year. Classrooms will continue to have special activities and events; they will just not involve food. Share any special ideas regarding ways to celebrate without food with your Class Parents or your child's teacher.

We are confident, if we work together, we can provide a healthy environment, while maintaining the memorable events for our children. Please feel free to contact your child's Principal or School Nurse with any questions or concerns.

Sincerely,

Lynn DiMatteo

Lynn DiMatteo, SE Principal

Traci L. Dyer

Traci L. Dyer, NE Principal