

POLICY JLJ

Board of Education Las Cruces Public Schools

Related Entries: JLJ-R

Responsible Office: Deputy Superintendent of Operations

STUDENT NUTRITION

I. PURPOSE

The purpose of Policy JLJ is to support a positive nutrition environment in schools to enhance learning and the development of lifelong healthy eating practices.

II. BACKGROUND

- A. The Board of Education believes that students need adequate, nourishing food in order to grow, learn and maintain good health.
- B. The Board further believes healthy eating is associated with the reduced risk of many diseases, including the three leading causes of death – heart disease, cancer, and stroke. Healthy eating in childhood and adolescence is important for proper growth and development and can prevent obesity, dental caries, iron deficiency anemia, and other health problems. Students’ lifelong eating habits are greatly influenced by the types of food and beverages made available to them.
- C. The Board also recognizes the value of school meals and good nutrition and supports the delivery of nutritious food that follows the dietary guidelines established by the U.S. Department Agriculture and the NM Public Education Department.

III. DEFINITIONS

- 1. “*Smart Snack*” means snacks that meet specific nutrition standards for calories, fat, sugar and sodium defined by the United States Department of Agriculture. All foods sold during the school day to students, other than foods provided as part of the school meals program, are required to meet Smart Snacks standards.

IV. POSITION

- A. The Superintendent shall ensure that students have an opportunity to experience a positive nutrition environment while at school, through these and other means:
 - 1. Students shall receive consistent nutrition messages which only promote foods and beverages that are Smart Snack compliant in schools, classrooms, cafeterias, and the school media;

2. Schools shall not withhold food as a punishment;
 3. Food may occasionally be used as a reward as part of classroom celebrations, with the caveat that this practice is infrequent and that nutritious food compliant with USDA Smart Snacks must be part of the menu.
 4. Schools shall limit food and beverage advertising and promotion on school property to only promote foods and beverages that align with criteria set up by the US Department of Agriculture's Smart Snacks in Schools nutrition standards.
 5. The district and schools shall sponsor activities that promote nutrition education.
 6. The district shall provide parents and students information on the benefits of healthy eating habits.
- B. Skill-based nutrition education shall be offered as set forth in Policy IHAM – Health Education.
- C. All schools shall have safe drinking water available to students and staff.
- D. During regular school hours, all foods and beverages sold on district property during district-sponsored events and school-related fundraisers must meet federal and state regulations and LCPS guidelines as shown in Policy EFE-Competitive Food Sales and Vending Machines.
- E. Food allergies will be addressed appropriately on an individual basis as set forth in Policy EFAB and Regulation EFAB-R.
- F. The school district will not promote the use of supplements but will consider their use on a case-by-case basis for special health circumstances. All questions regarding supplements promoted, provided, or sold at schools should be addressed to the Director of Nutrition Services.
- G. The superintendent shall promulgate a regulation for the enforcement of this policy that includes guidelines for the full implementation of a comprehensive district-wide nutrition program consistent with state and federal requirements.

IV. REVIEW AND REPORTING

This policy will be reviewed in accordance with the Board of Education policy review process.

Maria A. Flores

Board of Education, President

June 20, 2017

Date Approved

Policy History: *New Policy, Adopted 05.16.06; Revised 08.21.2014; Revised 12.09.14; Revised 06.20.17*
Legal Reference: *Section 204 of Public Law 108-265 of Child Nutrition and WIC Reauthorization Act of 2004, Nutrition: Competitive Food Sales rule 6.12.5.8 NMAC, Healthy Hunger Free Act of 2010.*