



1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12  
13  
14  
15  
16  
17  
18  
19  
20  
21  
22  
23  
24  
25  
26  
27  
28  
29  
30  
31  
32  
33

**DRAFT WELLNESS POLICY - JULY 20, 2010**

THE BOARD of Education recognizes that P-12 children need healthful foods and abundant physical activity to grow, learn and thrive. The Board recognizes that good health fosters student attendance and educational achievement, that [healthy environments promote healthy behavioral norms](#)<sup>1</sup>. The Board is committed to [strengthening the district's nutrition and physical activity policies](#)<sup>2</sup> and implementing them in a timely fashion, to creating a healthy school environment and to investing in the health and well being of children through all foods provided on campus. Thus, the Board will further its strategic 'commitment to excellence' by supporting a robust P-12 nutrition and food education curriculum, by supporting traditional and nontraditional modes of physical activity and by modeling best policies and standards.

The Board is committed to instilling in PRS students the idea that healthful eating is not a luxury but an achievable necessity, and to using mealtime as a teaching opportunity and a learning experience. It is committed to teaching children to recognize foods that contribute to a healthful diet and to helping them develop lifelong dietary habits that enhance their health. ~~The Board agrees with the secretary of the U.S. Department of Agriculture, Tom Vilsack, that:~~

possibly omit

~~*"The health of our nation — of our economy, our national security and our communities — depends on the health of our children. We will not succeed if any of our children aren't learning as they should because they are hungry, and [cannot achieve their potential](#)<sup>3</sup> because they aren't healthy."*~~

The Board supports the U.S. Department of Education and its Childhood Obesity Task Force [action plan](#)<sup>4</sup>, including improved labels on food and menus that provide clear information to help make healthy choices for children; reduced marketing of unhealthy products to children; upgraded nutritional quality of foods sold in schools; and improved nutrition education and the overall school environment.

34 Further, because this commitment represents a new way of thinking about food  
35 and wellness at Princeton Regional Schools, the Board seeks and welcomes  
36 assistance in implementation from students, parents, teachers, food service  
37 professionals, health professionals, organizations and other community  
38 members.

39

## 40 SCHOOL FOODS NUTRITION STANDARDS

41

42 Beginning with the 2010 school year food service contract, the Board requires  
43 that Request for Proposals for any/all school meals purveyors and all foods  
44 served within the current contract use a consistently nutritious, delicious  
45 framework ~~and include all specifics listed in this document.~~

46

47 In accord with the White House-sponsored [Let's Move](#)<sup>5</sup> program for healthy  
48 children, the Board requires a decrease in the amount of sugar, fat and salt in all  
49 school food items, an increase in whole grains and produce for all P-12 students –  
50 on an accelerated schedule.

51

52 Specifically, the Board requires that, beginning with the 2010 school year and  
53 until upward revision of this policy, any school meal purveyor apply the following  
54 policy standards to all foods served, sold or given out anywhere on school  
55 property during the academic school day, including a la carte lines, vending  
56 machines, snack bars ~~and fundraisers~~:

57

59 A. Comply with  
61 calorie counts for  
63 meals as per the  
65 latest [Dietary  
67 Guidelines for  
69 Americans](#)<sup>6</sup> within  
71 14 calendar days of  
73 publication (likely  
75 based on Institute  
77 of Medicine  
79 [guidelines](#)<sup>7</sup> due out  
81 in autumn of  
83 2010), with the  
85 [Dietary Guidelines  
87 Advisory  
89 Committee report](#)<sup>8</sup>  
91 published on June,  
92 15,2010;



93 B. Limit animal-derived saturated fats to 10 percent in all meals and/or a la carte  
94 sold or served;

**Reduce** C. ~~Avoid~~ processed foods;

96 D. ~~Avoid~~ refined carbohydrates; **products**

**Do not offer**

strike out b/c would generate large expense for new equipment, staff, training and additional food

Omit Pictures

State directed offer vs serve does not support this

- 97 E. Limit sodium content in each meal or combination a la carte meal substitutes  
98 sold or served to 400mg for P 5, 500mg for middle and high school, as per  
99 [Mayo Clinic](#)<sup>9</sup> standards;
- 100 F. ~~Eliminate [potentially harmful food additives](#)<sup>10</sup> and processes, including but~~  
101 ~~not limited to high-fructose corn syrup and/or any corn-derived sweeteners~~  
102 ~~other than that for fresh school-made treats (gingerbread or caramel, for~~  
103 ~~instance); all artificial sweeteners or sugar substitutes, [all artificial coloring](#)<sup>11</sup>,~~  
104 ~~all artificial flavoring, all nitrates~~  
105 ~~and nitrites and all trans fats other than those naturally occurring in~~  
106 ~~whole, fresh foods;~~
- 107 G. Eliminate processed and/or  
108 packaged items listing any  
109 sweetener or sugar substitute as  
110 first or second ingredient, as well  
111 as all forms of candy and foods of  
112 [minimal nutritional value as](#)  
113 [defined by USDA](#)<sup>12</sup>;
- 114 H. Serve only foods that the food  
115 service provider can verify as free  
116 from rBST- bovine growth  
117 hormone ~~(including spent dairy~~  
118 ~~cows slaughtered for hamburger)~~;
- 119 free from [non-therapeutic](#)  
120 [antibiotics, antimicrobials](#)<sup>13</sup> and/or  
121 growth hormones, and free of  
122 [ammonia, carbon monoxide](#),<sup>14</sup>  
123 arsenic or irradiation;
- 124 I. ~~Eliminate the “offer vs. serve”~~  
125 ~~(OVS) policy as it stands (except~~  
126 ~~for the high school, as per [USDA](#)~~  
127 ~~requirements<sup>15</sup>) and in its place~~  
128 ~~ensure that all plates are filled and appetizingly presented;~~
- 129 J. Repeat a menu main dish only once a month ~~(patties are the same as nuggets;~~  
130 ~~pizza is the same as pizza dippers, waffles count as French toast and vice~~  
131 ~~versa); and each vegetable or fruit only once a week as per the [USDA](#)~~  
132 ~~[HealthierUS School Challenge](#)<sup>16</sup>;~~
- 133 K. ~~Ensure that each child, for every lunchtime meal or its equivalent, every day,~~  
134 ~~routinely is served:~~ **Routinely offer:**
- 135 i. A dark leafy green vegetable (broccoli, spinach, romaine lettuce, collard  
136 greens, kale, and turnip greens);
  - 137 ii. An attractively presented yellow/orange vegetable (acorn squash,  
138 butternut squash, carrots, Hubbard squash, pumpkin, and sweet  
139 potatoes);
  - 140 iii. A whole-grain or whole-food based carbohydrate (brown rice, whole-  
141 grain pasta, and oatmeal, whole cornmeal, other cooked whole grains –  
142 quinoa, millet, barley, whole-grain sliced bread ~~(allowed only if it is~~  
143

Limit

offer is a State directive



144 ~~part of a sandwich or larger dish, etc.); and~~  
145 ~~Either a small~~ portion of lean, unprocessed, uncoated animal/seafood  
146 ~~protein or an equivalent plant-based protein (beans, lentils, legumes,~~  
147 ~~nuts or seeds);~~

Offer regularly a

Offer

148 L. ~~Ensure that~~ each child, for every meal, every day, is served cut fresh fruit  
149 and/or berries (with or without a crunchy whole-grain topping) or an  
150 occasional dessert (~~house-made carrot cake or banana bread, for example~~);

Follow the standard of the

151 M. ~~Replace processed snacks with fresh or dried fruits, nuts and seeds. (Packaged~~  
152 ~~items may contain, based on manufacturers' nutritional data or nutrient fact~~  
153 ~~labels, no more than 8 grams of total fat per serving, with the exception of~~  
154 ~~nuts and seeds; and no more than 2 grams of saturated fat per serving, as per~~  
155 ~~the standard [New Jersey School Nutrition/Wellness Policy](#)<sup>17</sup>.)~~

Parental option

156 N. ~~Institute a [cash only payment](#)<sup>18</sup> plus written parental permission requirement~~  
157 ~~for elementary school students for all packaged and/or processed snack~~  
158 ~~and/or dessert items;~~

159 O. Limit beverages sold or served only to: [New Jersey School Nutrition/Wellness Policy](#).

160 i. ~~1 percent fat, unflavored milk in 8 ounce servings,~~

161 ii. ~~100 percent juice in 4 ounce servings, and~~

162 [cost](#) iii. ~~Free filtered water from any and all school drinking fountains (for~~  
163 ~~which 12-ounce reusable cups shall be provided by the schools);~~

164 P. Purchase foods grown [from farmers within a 150-mile radius](#)<sup>19</sup> as a first  
165 ~~priority, based on seasonality. Source 20 percent of all foods served at PRS~~  
166 ~~from foods grown within a 150-mile radius in 2010 school year, and increasing~~  
167 ~~to 50 percent over the next 5 years, and [organic](#)<sup>20</sup> to the maximum extent~~  
168 ~~possible;~~

locally and approved per HACCP. (Jim wording)

HACCP Issue

169 Q. ~~Form a buying cooperative with community institutions to increase the~~  
170 ~~amount of products purchased from local farms and organic food suppliers.~~

171  
172 Additionally, these standards apply not only to the food service purveyor but also  
173 to all foods provided by the schools during school hours ~~and during any after-~~  
174 ~~school program.~~

[requests](#)

176 Further, the Board ~~requires~~ that the school meals purveyor work enthusiastically  
177 with the administration, faculty and staff to incorporate ~~a maximum~~ of school-  
178 grown and locally procured foods ~~into the mealtime learning experience.~~

[,where possible,](#)

180 The Board requires that any and all food service purveyors, ~~working with each~~  
181 ~~school's Green Team, incorporate and report regularly on conscious reduction of~~ [reduce](#)  
182 water use, energy and carbon emissions, and that they aggressively work toward a

minimal

183 ~~zero-waste goal – through improving the deliciousness and attractiveness of the~~  
184 ~~foods, through food waste separation and composting, and through a ban on~~ [limit the use of](#)  
185 ~~[polystyrene](#)<sup>21</sup>, Styrofoam or foam disposable trays, plastic utensils and disposable~~

186 ~~dishes by January 1, 2011.~~ [and use only as needed. Use biodegradable products to](#)  
187 [a maximum. Composting](#)

188 Further, the Board insists upon the highest standards of sanitation and  
189 infection control policies in the schools. ~~installation of filters for all drinking~~  
190 ~~water sources, strong water pressure in all drinking fountains, abundant soap~~

The

191 ~~and towels in the restrooms and at all sinks, reliable pest prevention and~~  
192 ~~stringent prevention of pesticide contamination throughout all structures and~~  
193 ~~across all campuses, use of green cleaning supplies<sup>22</sup>, and addition of hand-~~  
194 ~~washing/produce washing sinks near school gardens. are to be used when possible.~~

195  
196 **CUPCAKES AND HOME-BAKED TREATS**

197  
198 ~~The Board recognizes past confusion on its policy of home baked treats and~~  
199 ~~wishes to clarify its position.~~ It is not the Board’s desire to thwart celebrations in  
200 the classroom. If all school-supplied food is in the nutritious/delicious category,  
201 board members condone homemade treats, as well as lessons in making layer  
202 ~~cakes, pesto, homemade bread, salsa verde and roast chicken.~~

203  
204 Further, the Board supports after-school bake sales featuring homemade snacks  
205 and homemade desserts as ways for clubs to raise money.

206  
207 **FOODS & BEVERAGES SOLD OUTSIDE OF SCHOOL MEALS**

at schools

208  
209 All snack and beverage items sold or served by PRS or by its school food purveyor  
210 ~~on school property~~ during the school day and during any after-school activities,  
211 including all items sold in a la carte lines, vending machines and/or snack bars,  
212 ~~or sold in the reimbursable After School Snack Program~~, shall meet the same  
213 nutritional standards set forth for school meals ~~and may not contain:~~

- 214 ~~A. High fructose corn syrup or other corn derived sweetener;~~
- 215 ~~B. Artificial flavorings and or artificial sweeteners or sugar substitutes;~~
- 216 ~~C. Artificial color;~~
- 217 ~~D. Nitrites or nitrates; or~~
- 218 ~~E. Trans fats, other than those naturally occurring in whole foods.~~
- 219 ~~F. Beverages sold or served are limited only to~~
  - 220 ~~i. 1 percent unflavored milk in 8 ounce servings, and~~
  - 221 ~~ii. 100 percent juice in 4 ounce servings.~~
  - 222 ~~iii. Free filtered water from any and all school drinking fountains shall be~~  
223 ~~readily available; 12-ounce reusable cups shall be provided by the~~  
224 ~~schools.~~

225  
226 Additionally, no processed and/or packaged items listing any form of sweetener  
227 as its first ~~or second~~ ingredient can be served ~~on school grounds.~~ at school buildings.

228  
229 **TRANSPARENCY IN FOOD SERVICE**

230  
231 The Board requires that any food service purveyor hired by the district must  
232 operate in complete transparency, ~~including but not limited to:~~

- 233 ~~A. A current online and parent accessible accounting that details each~~  
234 ~~student’s daily itemized food and beverage purchases, whether with cash or~~  
235 ~~through debits to his/her account;~~
- 236 ~~B. A complete and accessible online listing of ingredients labels, nutrition~~  
237 ~~information and any farms of origin listings for all packaged or processed~~

- 238 ~~items, plus all available farm of origin for any livestock/dairy product and~~  
239 ~~processing plant addresses for all items at least 30 days before those items~~  
240 ~~appear on a school lunch menu or in any cafeterias;~~  
241 ~~C. A daily listing of any and all recalls from the USDA, FDA or private firms~~  
242 ~~that supply any portion of foods and/or ingredients used, served and/or sold~~  
243 ~~at PRS;~~  
244 ~~D. A monthly listing of all organic products used for food service;~~  
245 ~~E. A monthly listing of products grown/produced within 150 miles of PRS;~~  
246 ~~F. A food popularity listing, updated monthly, that details sales of each menu~~  
247 ~~and a la carte item sorted by school and grade;~~  
248 ~~G. A monthly report on plate waste at each school listing edible items~~  
249 ~~discarded; and~~  
250 ~~H. Adherence to all requirements set forth in this document and in the most~~  
251 ~~current Dietary Guidelines for Americans, updated monthly.~~

252  
253 ~~Further, the Board requires that the district also practice complete transparency~~  
254 ~~on funding and/or costs for any and all school foods sold and served, including~~  
255 ~~but not limited to:~~

- 256 ~~• Universally accessible monthly updates on federal funds awarded~~  
257 ~~for participation in the National School Lunch Program at P-5~~  
258 ~~schools;~~
- 259 ~~• Cost to PRS of subsidizing NSLP equivalent meals for middle and~~  
260 ~~high school students who qualify for free and reduced price meals;~~
- 261 ~~• Listing of and cost for commodities chosen on open market~~  
262 ~~compared to USDA derived foodstuffs;~~
- 263 ~~• Revenue from property taxes that support any infrastructure~~  
264 ~~related to school foods (electricity, garbage collection, plastic tray~~  
265 ~~purchase, etc.);~~
- 266 ~~• Any payments made by a food service purveyor to PRS for the~~  
267 ~~opportunity to feed PRS children, and~~
- 268 ~~• A monthly breakdown of how those funds are used.~~

## 269 270 **NUTRITION EDUCATION**

271  
272 The Board of Education recognizes the growing problems of diet-related disease,  
273 skyrocketing health-care costs, food-borne illness, agriculture and its carbon  
274 footprint, joblessness and food stamp applications. It understands the school's  
275 role in equipping today's students with tools for solving these pressing problems,  
276 called "core subjects" in the [Partnership for 21st Century Skills](#)<sup>23</sup>.

277  
278 It is committed to using a team approach for interactive and structured nutrition  
279 education that includes teachers, food-service staff, guest speakers, field trips,  
280 and community partners and to teaching skills needed to develop healthy eating  
281 habits.

282  
283 The Board recognizes that beyond health classes, the schools have abundant  
284 opportunities for education of students regarding nutrition, food and wellness

Not enough staff employed by Food Management Company or District Staff.

Information may be requested through an OPRA request.

Above is NOT regularly requested.

Curriculum Items must be approved by Bonnie Lehet.

285 across multiple channels of communication - in the classroom and the cafeteria,  
286 in the [Green Tiger edible gardens](#)<sup>24</sup> (P-12) via Physical Education classes and on  
287 the playground. The Board also understands the importance of linking nutrition  
288 education to efforts at home and in the community. To that end, schools will  
289 establish and maintain a robust farm-to-school program. The program will build  
290 relationships with local farmers and local vendors, encouraging them to come to  
291 classrooms and arranging for students to visit farms.

292  
293 The Board will enthusiastically support PRS faculty and staff in integrating  
294 school meals and other eating experiences, the farm-to-school program, Phys  
295 Ed's Green Tiger Gardens and all [edible gardens](#)<sup>25</sup> plus nutrition education into  
296 the curriculum for not only physical education but also visual arts, music, math,  
297 science, social studies, language arts and reading at all grade levels.

298  
299 Because the Board understands that nutrition education and nutrition programs  
300 that are linked to school gardens [improve academic achievement](#)<sup>26</sup>, it is  
301 committed to students having the opportunity to plant, harvest, cook and eat  
302 their own school-grown food. Further, it is committed to using all P-12 Green  
303 Tiger edible gardens as physical education opportunities and to using all  
304 cafeterias as "learning labs" for school staff and students to apply decision-  
305 making skills learned in the classroom.

306  
307 The Board, beginning with the fall 2010 semester and thereafter, will provide  
308 each P-12 student with 20 minutes of seated dining time (beyond that needed to  
309 stand in line for food) in a pleasant setting each school day. Further it commends  
310 and will publicly support daily faculty/staff modeling of good nutrition habits,  
311 conversational skills and table manners in the cafeteria at a special table at each  
312 school.

313  
314 The Board is committed to, as part of ongoing after-school and summertime  
315 programs, providing and supporting activities that promote enjoyment and  
316 understanding of food, such as a Culinary Arts Club, French or Spanish Cooking  
317 Clubs, a Garden Club, or Healthy Kids Club, whose membership includes school  
318 staff, students, parents, family members, and community partners. For parents,  
319 the Board supports creation and sustaining of an online Nutrition Education  
320 Resource Center that encourages healthy food shopping and planning of family  
321 meals. The Board will ensure that cafeterias are part of the environmental  
322 education of students and staff through the reduction of waste by recycling,  
323 reusing, food-waste composting and the purchase of recycled products to the  
324 maximum extent possible.

325  
326 The Board requires of its faculty/staff and the food service purveyor and its staff  
327 comprehensive school health education that includes accurate and current  
328 information on foods and nutrition, and furthermore, combines skills, practices  
329 and instructional strategies that promote healthy eating habits on one or more  
330 scheduled professional days each school year. District-wide nutrition education  
331 professional development opportunities will be provided by PRS.

332  
333 The Board is committed to establishing regular opportunities for staff to  
334 [participate in wellness activities](#)<sup>27</sup>, including fitness classes and potluck lunches.  
335

### 336 **PHYSICAL ACTIVITY**

337  
338 The Board recognizes that a sedentary lifestyle and unhealthy dietary habits are  
339 sources of diet-related disease and that [abundant physical activity enhances](#)  
340 [learning](#)<sup>28</sup> and seems to promote growth of the very brain centers that allow  
341 children to focus and learn. Therefore, it is committed to connecting P-12  
342 students to the joys of physical activity and to linking that education with health,  
343 food and community resources.

344  
345 The Board understands that this change begins with coordination with [federal,](#)  
346 [state and local authorities](#)<sup>29</sup> to establish and maintain safe bike/pedestrian  
347 pathways that link all of the schools and neighborhoods with each other, and by  
348 encouraging students to integrate physical activity into their lives by walking,  
349 biking or skateboarding to and from school. Thus, the Board will partner with the  
350 municipal, state and federal authorities to establish those pathways.

351  
352 In addition to [daily half-hour Physical Education classes](#)<sup>30</sup> and the 20-minute  
353 seated lunchtime each day for each student, the Board is committed to providing  
354 20 minutes of dedicated recess each school day, and to including Phys Ed  
355 performance on students' report cards.

356  
357 The Board, however, understands that not every child wants to participate in  
358 extracurricular organized sports or wishes to compete in a jumping-jacks contest  
359 during Phys Ed classes. Further, it realizes that just as children learn in a multi-  
360 disciplinary fashion, they also find satisfaction in physical fitness in at least the  
361 same number of ways and that they value other aspects of Phys Ed, including  
362 being outside, time alone, being with friends, competition, personal goal  
363 achievement and stress reduction.

364  
365 The Board wants to create a school environment that provides time, space, safety,  
366 variation and novelty in Phys Ed so that the active choice in P-12 is easier, thus  
367 fostering that ease of choice beyond high school.

368  
369 The Board asks that PRS physical fitness teachers consult with science, nutrition  
370 health, history and social studies teachers, and, using that information, create a  
371 physical fitness program that incorporates those classes and stretches into the  
372 Green Tiger Edible Gardening program, hiking, community circus, dance, yoga,  
373 Pilates and especially casual games and free play. The Board retains its  
374 admiration for [The President's Challenge physical fitness test](#)<sup>31</sup>, and trusts that  
375 these alternatives ably condition children for testing.

376  
377 Further, the Board directs the administration to immediately begin establishing  
378 playgrounds with abundant age-appropriate equipment and fitness stations for

379 grades 6-12, [to encourage students' continued interest in unstructured play](#)<sup>32</sup> and  
380 physical activity past elementary school.

381  
382 The Board directs that physical activity and education messages be reinforced by  
383 neither denying nor requiring physical activity as punishment, as set forth by the  
384 [HealthierUS School Challenge](#)<sup>33</sup>.

385  
386 **IMPLEMENTATION**

387  
388 The Board recognizes that the “best wellness policy in the country” is [of little use](#)  
389 [if it is not implemented](#)<sup>34</sup>. Further, it understands that effectiveness requires a  
390 clear message for decisions and evaluations; universal delivery and support;  
391 relentless attention, consistency and commitment to adopting these changes;  
392 promoting buy-in for faculty and staff and offering incentives for training and  
393 accountability, setting goals and monitoring progress, then regrouping if needed,  
394 in a timely fashion.

395  
396 ~~To that end, the Board is creating a Wellness Policy Action Committee~~  
397 ~~responsible for the ongoing coordination, nimble updating and implementation~~  
398 ~~of the PRS Wellness Policy and oversight of all school supplied foods sold or~~  
399 ~~served. The WPAC will provide monthly reports to the Board, the news media~~  
400 ~~and to the community about goals set and met, challenges that arise and efforts~~  
401 ~~to fund associated initiatives and create community partnerships.~~

402  
403 ~~The WPAC will include both [school and community members](#)<sup>35</sup>: Board of~~  
404 ~~Education committee chair of Sustainability, the Facilities chair and the~~  
405 ~~Curriculum chair, plus PRS faculty representatives from Physical Education,~~  
406 ~~Health, Health Services, Counseling Services, the PTO Council president, a~~  
407 ~~representative from the Robert Wood Johnson Foundation, a representative from~~  
408 ~~the University Medical Center at Princeton Plainsboro; a nutrition oriented~~  
409 ~~pediatrician, a local farmer/food producer, a member of the Princeton School~~  
410 ~~Gardens Cooperative, and a non-PTO participant representative elected from~~  
411 ~~each of the district's six schools plus the charter school(s).~~

412  
413 ~~The WPAC will receive monthly reports from the existing PRS Wellness~~  
414 ~~Committee (which crafted this policy) and from each school's Green Team~~  
415 ~~members on progress of all Wellness Policy goals, as well as challenges and~~  
416 ~~innovations. Those reports simultaneously will be made publicly available on the~~  
417 ~~PRS website.~~

418  
419 ~~The WPAC will aggressively seek to increase participation in the subsidized~~  
420 ~~school lunch program by placing a priority on nutrition and the beauty of the~~  
421 ~~plate and by fostering immediate, continuous and specific written, oral and~~  
422 ~~photographic feedback on school meal preparation, quality, variety and service~~  
423 ~~from members of the PRS Wellness Committee and faculty, staff and parents.~~  
424 ~~Each of its members will eat lunch at school once each month and will solicit and~~  
425 ~~assimilate student and parent opinions on purchased foods. The WPAC will~~

There is a food committee in place and Board is NOT creating another committee.

426 ~~ensure that the food service purveyor create and sustain annual focus groups,~~  
427 ~~surveys and taste tests of new foods and recipes.~~

428  
429 ~~Because the Board understands that these innovations require a district wide~~  
430 ~~change in thinking as well as an increase in funds, it asks PRS administration to~~  
431 ~~aggressively seek funding and support of this innovation from the community,~~  
432 ~~the state of New Jersey, the federal government and all other stakeholders.~~

433  
434 ~~The Board, recognizing that parents and taxpayers are partners in this effort, will~~  
435 ~~create and maintain a list of priorities and funding needs and gather all~~  
436 ~~stakeholders for support.~~

437  
438 ~~Further, the Board will, beginning with the 2010 contract, apply any and all~~  
439 ~~subsequent payments from the food service purveyor in their entirety (such as~~  
440 ~~the \$20,000 paid annually by the current food service purveyor) directly to~~  
441 ~~improving school foods for PRS children.~~

442  
443 ~~The Board will ensure that a full kitchen will be installed at all school sites where~~  
444 ~~public bond money is expended for a major repair or remodeling project. Further,~~  
445 ~~the Board is committed to seeking grants available to further this goal.~~

446

## **PRS WELLNESS POLICY COMMITTEE MEMBERS**

**John Miranda, chairman.** Supervisor, Health and Physical Education; Athletic Director, Princeton Regional Schools.

**Matt Wilkinson.** Health and Physical Education Instructor, Princeton High School; horticulturist.

**Deb Donahue.** Registered Dietitian; 30-year member of American Dietetic Association; Public Affairs and Human Services consultant; parent of two PRS students.

**Diane Landis.** Coordinator, Princeton School Gardens Cooperative; Coordinator, Sustainable Princeton; parent of three PRS students.

**Karla Cook.** Chair, Princeton School Gardens Cooperative; parent of two PRS students.

**Margarida Cruz.** Lead nurse, PRS.

**Pete Vazquez.** District operations manager, PRS.

**Tony Diaforli.** Grounds foreman, PRS.

**Jim Gillespie.** District manager, Chartwells School Dining Services.

**Cindy Hill.** Manager, Chartwells dining services, PRS.

**Lance Mount.** Utility/maintenance department, PRS.

## **PRS WELLNESS LINKS**

This document is an attempt to craft “the best wellness policy in the United States.” It is not an original work, but instead is an aggregation of concepts, plans and phrasings from forward-thinking programs, policies, essays and published news accounts. We see it as a living document, one that always can be improved to better serve all children at Princeton Regional Schools. Among our sources:

Let’s Move

<http://www.letsmove.gov/schools/index.html>

<http://www.letsmove.gov/activity/index.html>

<http://www.letsmove.gov/choices/index.html>

<http://www.letsmove.gov/accessing/index.html>

Rethinking School Lunch Guide

<http://www.ecoliteracy.org/programs/rsl-guide.html>

Berkeley Unified School District

<http://www.chefann.com/html/tools-links/BUSD.html>

<http://www.school lunchinitiative.org/>

Baltimore City Public School System

[http://www.bcps.k12.md.us/About/pdf/Local Wellness Policy.pdf](http://www.bcps.k12.md.us/About/pdf/Local_Wellness_Policy.pdf)

<http://www.citypaper.com/news/story.asp?id=18167>

[http://www.washingtonpost.com/wp-](http://www.washingtonpost.com/wp-dyn/content/article/2009/05/05/AR2009050500876.html)

[dyn/content/article/2009/05/05/AR2009050500876.html](http://www.washingtonpost.com/wp-dyn/content/article/2009/05/05/AR2009050500876.html)

Institute of Medicine: School Meals

[http://books.nap.edu/openbook.php?record\\_id=12751](http://books.nap.edu/openbook.php?record_id=12751)

The USDA HealthierUS School Challenge (HUSCC)

<http://www.fns.usda.gov/tn/healthierus/index.html>

National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health, Centers for Disease Control

<http://www.cdc.gov/healthyyouth/keystrategies/index.htm>

Robert Wood Johnson Foundation

<http://www.rwjf.org/pr/product.jsp?id=44708>

Center for Science in the Public Interest

<http://www.schoolwellnesspolicies.org/WellnessPolicies.html>

USDA Economic Research Service

<http://www.ers.usda.gov/AmberWaves/March09/Features/LunchLine.htm>

<http://www.ers.usda.gov/amberwaves/september08/features/balancingnslp.htm>

Collaborative on Emotional and Social Learning

<http://www.casel.org/downloads/PackardES.pdf>

Center for Place-Based Learning and Community Engagement

[http://www.promiseofplace.org/Research\\_Evaluation](http://www.promiseofplace.org/Research_Evaluation)

Buck Institute for Education

[http://www.bie.org/about/does\\_pbl\\_work](http://www.bie.org/about/does_pbl_work)

Partnership for 21<sup>st</sup> Century Skills

[http://21stcenturyskills.org/index.php?option=com\\_content&task=view&id=254&Itemid=120](http://21stcenturyskills.org/index.php?option=com_content&task=view&id=254&Itemid=120)

Dorothy Blair, Penn State University  
The Journal of Environmental Education  
<[www.eric.ed.gov](http://www.eric.ed.gov)>

Ann Cooper, chef  
<http://www.sfgate.com/cgi-bin/article.cgi?f=/c/a/2009/08/30/INFT19DA17.DTL#ixzzOWPU4O7c9>

[http://www.ted.com/talks/ann\\_cooper\\_talks\\_school\\_lunches.html](http://www.ted.com/talks/ann_cooper_talks_school_lunches.html)

Alice Waters, Chez Panisse  
<http://www.nytimes.com/2009/02/20/opinion/20waters.html>

Jamie Oliver, chef, “Teach Every Child About Food”  
[http://www.ted.com/talks/jamie\\_oliver.html](http://www.ted.com/talks/jamie_oliver.html)

## ENDNOTES

---

### **<sup>1</sup>Obesity Part 1: What’s Needed to Encourage a Culture of Fitness?**

<http://newtalk.org/2008/07/obesity-part-1-whats-needed-to.php>

### **<sup>2</sup>Centers for Disease Control Division of Adolescent and School Health. Key strategies from the Healthy Youth program**

<http://www.cdc.gov/healthyyouth/keystrategies/index.htm>

### **<sup>3</sup>Statement by U.S. Secretary of Education Arne Duncan on Priorities for Reauthorization of the Child Nutrition Act**

<http://www2.ed.gov/news/pressreleases/2010/02/02242010a.html>

### **<sup>4</sup>Childhood Obesity Task Force Report**

<http://www.ed.gov/blog/2010/05/take-a-look-at-our-action-plan-to-solve-the-problem-of-childhood-obesity/>

### **<sup>5</sup>Let’s Move: Healthier Schools**

<http://www.letsmove.gov/schools/index.html>

### **<sup>6</sup>New Dietary Guidelines Will Help Americans Make Better Food Choices, Live Healthier Lives**

<http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2005/2005DGPressRelease.pdf>

### **<sup>7</sup>School Meals: Building Blocks for Healthy Children**

<http://www.fns.usda.gov/ora/MENU/Published/CNP/FILES/SchoolMealsIOM.pdf>

### **<sup>8</sup>Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2010**

---

<http://www.cnpp.usda.gov/DGAs2010-DGACReport.htm>

**<sup>9</sup>Nutrition for kids: Guidelines for a healthy diet**

<http://www.mayoclinic.com/health/nutrition-for-kids/NU00606>

**<sup>10</sup>Berkeley Unified School District Wellness Policy**

<http://webcache.googleusercontent.com/search?q=cache%3Aie0XLCpIkUIJ%3Awww.chefann.com%2Fhtml%2Ftools-links%2FBUSD%2FBUSD-documents%2FBUSD-Wellness-Policy.pdf+berkeley+unified+school+wellness&hl=en&gl=us>

**<sup>11</sup>Food Dyes: A Rainbow of Risks**

<http://cspinet.org/new/pdf/food-dyes-rainbow-of-risks.pdf>

**<sup>12</sup>School Meals: Foods of Minimal Nutritional Value**

<http://www.fns.usda.gov/cnd/menu/fmnv.htm>

**<sup>13</sup>FDA seeks less use of antibiotics in animals to keep them effective for humans**

<http://www.washingtonpost.com/wp-dyn/content/article/2010/06/28/AR2010062804973.html>

**<sup>14</sup>Meat safety: How well done?**

<http://www.chicagotribune.com/health/ct-nat-meat-safety-20100121.0,7498764.full.story>

**<sup>15</sup>Resource Guide: Offer vs Serve in the School Nutrition Programs**

<http://teamnutrition.usda.gov/Resources/OVS%20Resource%20Guide.pdf>

**<sup>16</sup>HealthierUS School Challenge: Recognizing Excellence in Nutrition and Physical Activity**

<http://www.teamnutrition.usda.gov/HealthierUS/index.html>

**<sup>17</sup>New Jersey School Nutrition/Wellness Policy**

[http://www.state.nj.us/agriculture/divisions/fn/childadult/school\\_model.html](http://www.state.nj.us/agriculture/divisions/fn/childadult/school_model.html)

**<sup>18</sup>Smarter Lunchrooms: Using Behavioral Economics to Improve Meal Selection**

<http://www.choicesmagazine.org/magazine/article.php?article=87>

**<sup>19</sup>Agriculture Deputy Secretary Merrigan Announces Initiative To Connect Children to Where Their Food Comes From and Provide More Local foods in School Lunches**

<http://www.fns.usda.gov/cga/PressReleases/2009/PR-0441.htm>

**<sup>20</sup>Study: ADHD linked to pesticide exposure**

<http://www.cnn.com/2010/HEALTH/05/17/pesticides.adhd/index.html?hpt=T2>

**<sup>21</sup>Schools' lunch waste piles up**

<http://www.chicagotribune.com/health/chi-100208cps-food,0,6459114.story>

**<sup>22</sup>Green School Cleaners = Healthier Kids**

<http://www.ewg.org/schoolcleaningsupplies/ReduceAirPollutantsatYourSchool>

---

**23 Partnership for 21st Century Skills**

[http://www.p21.org/index.php?option=com\\_content&task=view&id=195&Itemid=183](http://www.p21.org/index.php?option=com_content&task=view&id=195&Itemid=183)

**24 High School Gardening – for Credit**

<http://green.blogs.nytimes.com/2010/03/26/high-school-gardening-for-credit/?scp=1&sq=%22matt%20wilkinson%22&st=cse>

**25 Gardening 'makes children happy and teaches new skills'**

<http://news.bbc.co.uk/2/hi/uk/10427338.stm>

**26 A Healthy Nutrition Environment: Linking Education, Activity, and Food through School Gardens**

<http://www.cde.ca.gov/ls/nu/he/gardenoverview.asp>

**27 Let's Move: Make Your School a Healthy Worksite**

<http://www.letsmove.gov/school-step-3.php>

**28 The 3 R's? A Fourth Is Crucial, Too: Recess**

<http://www.nytimes.com/2009/02/24/health/24well.html? r=1>

**29 Safe Routes to School**

<http://www.state.nj.us/transportation/community/srts/>

**30 Ohio bill aims to reduce obesity through school reforms**

[http://www.healthpolicyreview.org/daily\\_review/2009/11/ohio-bill-aims-to-reduce-obesity-through-school-reforms.html](http://www.healthpolicyreview.org/daily_review/2009/11/ohio-bill-aims-to-reduce-obesity-through-school-reforms.html)

**31 The President's Challenge Physical Fitness Test**

[http://www.presidentschallenge.org/educators/program\\_details/physical\\_fitness\\_test.aspx](http://www.presidentschallenge.org/educators/program_details/physical_fitness_test.aspx)

**32 Obesity Part 1: What's Needed to Encourage a Culture of Fitness?**

<http://newtalk.org/2008/07/obesity-part-1-whats-needed-to.php>

**33 HealthierUS School Challenge: Recognizing Excellence in Nutrition and Physical Activity**

<http://www.fns.usda.gov/tn/healthierus/index.html>

**34 Evidence-based practices and programs defined**

[http://www.fpg.unc.edu/~nirn/implementation/02/02\\_ebppdefined.cfm](http://www.fpg.unc.edu/~nirn/implementation/02/02_ebppdefined.cfm)

**35 How to Enforce a Wellness Policy: A Guide for Parents and Community Advocates**

[http://www.nplanonline.org/system/files/nplan/EnforceWellnssPlcy\\_FactSheet\\_web\\_FINAL\\_090219.pdf](http://www.nplanonline.org/system/files/nplan/EnforceWellnssPlcy_FactSheet_web_FINAL_090219.pdf)