

# Millstone Township Elementary School

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The building administrators of the Millstone Township School District recognize the increase in the number of students with nutritional concerns in our schools. These concerns relate to both food allergies and childhood obesity. The State of New Jersey has implemented the School Nutrition/Wellness Policy for public school children. These guidelines must be followed for school events which include food. Some of the highlights are as follows:

1. Items identifying sugar as the first ingredient, items that contain artificial sweeteners, and candy are not permitted to be served to students during the school day.
2. Items may have no more than 8 grams of fat per serving.
3. All beverages offered to primary school students must be water, milk containing 2% fat or less, or 100% fruit juice.
4. Food and beverages served during school-wide curriculum events are exempt from the above guidelines with the exception of soda, water ice, chewing gum, and candy, which may never be served at school.

In accordance with NJ State Law, the Millstone Township School District has created Policy 8505: School Nutrition and Policy 5331: Management of Life Threatening Allergies in School. These policies are available for review on the District website: [www.millstone.k12.nj.us](http://www.millstone.k12.nj.us).

To aid our efforts in providing students with only nutritious foods/snacks, we are requesting parents adhere to the adopted nutrition policies. This includes providing only healthy snacks during birthday celebrations and/or curriculum celebrations.

We understand and appreciate the importance of celebrating the milestones in a child's life. In order to keep disruptions to our classroom educational programs at a minimum, parents are encouraged to bring healthy snacks directly to the Main Office first thing in the morning on the day of the planned celebration. In addition, parents can contact Mrs. Darlene Barney, our Director of Food Services, at extension 48031 to place an order for birthday treats (Details can be found on the reverse side of this letter). Healthy snacks will then be distributed to the classroom teacher prior to his or her regularly scheduled snack time. Unfortunately, our schools cannot allow home-baked or bakery-baked items to be distributed due to the uncertainty of ingredients used in the baking process.

Please direct any questions or concerns regarding the nutritional policy to our school nurse, Mrs. Blazier, at extension 30006, who will assist you in choosing an appropriate snack.

As always, we thank you for working with our schools to create a happy and healthy environment for all of our students.