

**MIDDLETOWN TOWNSHIP PUBLIC SCHOOLS
OFFICE OF THE SCHOOL BUSINESS ADMINISTRATOR**

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www.middletonk12.org

Dear Parents and Guardians:

Your child's birthday is an important day that is often celebrated in school. It is a time when parents and guardians often provide a celebratory snack for their child's classmates.

In light of the fact that child and adolescent obesity has reached epidemic levels in the United States, Middletown Township Board of Education adopted the School Nutrition Policy. The policy's goal is to provide students with healthy and nutritious foods as well as support healthy eating habits, exercise and nutrition education. A copy of the School Nutrition Policy is posted on this website.

We wanted to take this time to advise you that the School Nutrition Policy states that food and beverages served during special school celebrations shall be exempt from the policy, with the exception of **Foods of Minimal Nutritional Value** as defined by USDA regulations. Please see the list on page 2 of this document.

We are all stakeholders in our students' health and well being. By working together we can give them a good foundation of healthy eating, exercise and self-esteem that will carry them through their lifetime.

Feel free to contact me at salusm@middletonk12.org if you have any questions.

Have a great year!

Maria Salus

Assistant School Business Administrator/
Assistant Board Secretary

FOODS OF MINIMUM NUTRITIONAL VALUE

The following foods are considered by the USDA regulation and the New Jersey State Administrative Code as “Foods of Minimum Nutritional Value” and cannot be served, sold or given away as a free promotion on school property at any time prior to the end of the school day.

- SODA
- WATER ICES- THOSE WATER ICES THAT CONTAIN FRUIT OR FRUIT JUICES ARE NOT INCLUDED.
- CHEWING GUM
- HARD CANDY- INCLUDES
 - SOUR BALLS, FRUIT BALLS, CANDY STICKS, LOLLIPOPS, STARLIGHT MINTS, AFTER DINNER MINTS, SUGAR WAFERS, ROCK CANDY, CINNAMON CANDIES, JAWBREAKERS, AND COUGH DROPS.
- JELLIES AND GUMS – INCLUDES
 - GUM DROPS, JELLY BEANS, JELLIED AND FRUIT-FLAVORED SLICES
- MARSHMALLOW CANDIES
- FONDANT- INCLUDES CANDY CORN AND SOFT MINTS
- LICORICE
- SPUN CANDY
- CANDY-COATED POPCORN

The **School Nutrition Policy** does not apply to: medically authorized special needs diets pursuant to 7 CFR Part 210; school nurses using FMNVs during the course of providing health care to individual students; or special needs students whose IEP indicates their use for behavior modification.