

## Did You Know?

### Mount Laurel Schools

#### Nutrition Information

*This year marks implementation of new federal nutrition standards for schools as established by the US Department of Agriculture. The new regulations, in specific, have defined foods that are of minimal nutritional value, and have determined that these foods may not be served, sold, or given out as free promotion anywhere on school property at any time during the school day.*

We're already meeting or exceeding the new regulations here in Mount Laurel, thanks to Nutri-Serve Food Management and your Cafeteria Staff.

This year, we're taking our efforts a step further to include a **Healthy Snack Service** to celebrate your child's special day in school. Although special events are exempt from the new policy, we want to provide the best for each child. Learn more about our Healthy Nutrition Celebrations online at:

**[www.mtlaurelschools.org](http://www.mtlaurelschools.org)**

### Eating Healthy In Our Schools

#### ***Foods determined to be of minimal nutritional value include:***

Soda water, water ices, chewing gum, hard candies, jellies and gums, marshmallow candies, fondants, licorice, spun candy and candy-coated popcorn. In addition, any food that lists sugar as its first ingredient is also prohibited. All forms of candy, including gummy fruit snacks, are also prohibited.

#### ***New Nutritional Requirements for All School Districts:***

The new nutrition policy requires that foods served in our schools have no more than 8 grams of total fat per serving, and no more than 2 grams of saturated fat. Beverage sizes, other than water or milk containing 2-percent fat or less, are not to exceed 12 ounces, and whole milk cannot be served in portions larger than 8-ounces. Schools are also being required to reduce the purchase of products containing trans fats.