February 2018

Dear Parents/Guardians:

In order to comply with Franklin Township Board of Education’s School Nutrition and Wellness Policy, please consider what you or your child will bring to school for future classroom, holiday and birthday parties. The following items may not be served or given out on school property before the end of the school day:

- Foods of minimal nutritional value (FMNV) as defined by U.S. Department of Agriculture regulations (See list on back of this letter.)
- All food and beverage items listing sugar, in any form, as the first ingredient
- All forms of candy
- Cupcakes with frosting. All cupcakes must be sent without frosting or they will not be delivered to your child’s classroom.

**Foods sent in that are in violation of this policy will be discarded.**

Instead, please consider bringing pretzels, fresh fruit, whole grain crackers, string cheese, low-fat popcorn, veggies with low-fat dip, and beverages that are 100% fruit, or water. Many of our students have food allergies, so please refrain from providing food items with peanuts or tree nuts and provide ingredient labels whenever possible.

Pine Grove Manor School is committed to promoting a healthy environment for all our students.

Sincerely,

*Mayra Rivera, RN CSN*

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Foods of minimal nutritional value are:

(1) Soda

(2) Water Ices--As defined by 21 CFR 135.160 Food and Drug Administration Regulations except that water ices which contain fruit or fruit juices are not included in this definition.

(3) Chewing Gum--Flavored products from natural or synthetic gums and other ingredients which form an insoluble mass for chewing.

(4) Certain Candies--Processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients which characterize the following types:

   (i) Hard Candy--A product made predominantly from sugar (sucrose) and corn syrup which may be flavored and colored, is characterized by a hard, brittle texture, and includes such items as sour balls, fruit balls, candy sticks, lollipops, starlight mints, after dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, jaw breakers and cough drops.

   (ii) Jellies and Gums--A mixture of carbohydrates which are combined to form a stable gelatinous system of jelly-like character, and are generally flavored and colored, and include gum drops, jelly beans, jellied and fruit-flavored slices.

   (iii) Marshmallow Candies--An aerated confection composed as sugar, corn syrup, invert sugar, 20 percent water and gelatin or egg white to which flavors and colors may be added.

   (iv) Fondant--A product consisting of microscopic-sized sugar crystals which are separated by thin film of sugar and/or invert sugar in solution such as candy corn, soft mints.

   (v) Licorice--A product made predominantly from sugar and corn syrup which is flavored with an extract made from the licorice root.

   (vi) Spun Candy--A product that is made from sugar that has been boiled at high temperature and spun at a high speed in a special machine.

   (vii) Candy Coated Popcorn--Popcorn which is coated with a mixture made predominantly from sugar and corn syrup.