



State of New Jersey
DEPARTMENT OF EDUCATION
PO Box 500
TRENTON, NJ 08625-0500

CHRIS CHRISTIE
Governor

KIM GUADAGNO
Lt. Governor

CHRISTOPHER D. CERF
Commissioner

September 18, 2012

TO: Chief School Administrators
Charter School Lead Persons
Administrators of Approved Private Schools for Students with Disabilities

FROM: Barbara Gantwerk, Assistant Commissioner
Division of Student and Field Services

SUBJECT: School Nutrition Resource for Parents

Beginning this year, school cafeterias across the state and across the country must meet tough new federal nutrition standards which include some of the biggest changes in 30 years. The new standards make sure that all students receive well-balanced meals and all the nutrition they need to succeed in school. School meals will include a larger variety of fruits and vegetables, serving sizes appropriate for each age group, more whole grains, less salt, and either fat free or 1% milk.

The New Jersey Department of Education (NJDOE) in collaboration with the New Jersey Department of Agriculture created a parent resource that provides information about the new federal nutrition standards. This resource may be accessed on the NJDOE's Keeping Our Kids Safe, Healthy, and in School webpage at <http://www.state.nj.us/education/students/safety/health/nutrition/changes.pdf>

This resource is appropriate for parents and families of students in grades K-12 in school districts that participate in the National School Lunch Program and the National School Breakfast Program. This resource may be posted on your district and school websites and reproduced without restriction. School administrators, school employees, parents and students can access additional nutrition resources on the US Department of Agriculture (USDA) website at <http://www.fns.usda.gov/cnd/healthierschoolday/default.htm>.

Thank you.

c: Christopher D. Cerf
Susan Martz
Nancy Curry
Christene DeWitt-Parker
NJ LEE Group

Garden State Coalition of Schools
Executive County Superintendents
Executive Directors for Regional Achievement Centers

