



## Nutrition/Wellness Policy

Link Community Charter School, recognizes that child and adolescent obesity has reached epidemic levels in the United States and that poor diet combined with the lack of physical activity negatively impacts students' health, and their ability and motivation to learn. Our school meals programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs. LCCS is committed to:

- Providing students with healthy and nutritious foods
- Encouraging the consumption of fresh fruits and vegetables, low fat milk and whole grains;
- Supporting healthy eating through nutrition education;
- Encouraging students to select and consume all components of the school meal; and
- Providing students with the opportunity to engage in daily physical activity.

LCCS participates in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), the After School Snack Program and the Summer Food Service Program (SFSP). We are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;

All reimbursable meals meet Federal nutrient standards as required by the U.S. Department of Agriculture Child Nutrition Program regulations. All items served as part of the After School Snack Program meet the standards as outlined within this policy.

All snack and beverage items sold or served anywhere on school property during the school day, including items sold in a la carte lines, vending machines, snack bars, school stores and fundraisers or served in the reimbursable After School Snack Program, meet the following standards:

- 1) Based on manufacturer's nutritional data or nutrient facts labels:
  - No more than eight grams of total fat per serving, with the exception of nuts and seeds.
  - No more than two grams of saturated fat per serving.
- 2) All beverages shall not exceed 12 ounces, with the following exceptions:
  - Water.
  - Milk containing two percent or less fat.

The following items are not served, sold or given out as free promotion anywhere on school property at anytime before the end of the school day:

- Foods of minimal nutritional value (FMNV) as defined by U.S. Department of Agriculture regulations;
- All food and beverage items listing sugar, in any form, as the first ingredient; and
- All forms of candy.

At Link Community Charter School:

- 100 percent of all beverages offered shall be milk, water or 100 percent fruit or vegetable juices.
- No more than 40 percent of all ice cream/frozen desserts shall be allowed to exceed the above standards for sugar, fat, and saturated fat.

Food and beverages served during special school celebrations or during curriculum related activities shall be exempt from this policy, with the exception of foods of minimal nutritional value as defined by USDA regulations.

This 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 Individualized Education Plan (IEP) indicates their use for behavior modification.

Adequate time is allowed for student meal service and consumption. Our school shall provide a pleasant dining environment. Physical education is part of the school's daily schedule. Link's curriculum incorporates nutrition education and physical activity and recess, consistent with the New Jersey Department of Education Core Curriculum Standards.

Link Community Charter School is committed to promoting nutrition and wellness with all food service personnel, teachers, nurses, coaches and other school administrative staff so they have the skills they need to implement this policy and promote healthy living. We will work toward expanding awareness about this policy among students, parents, teachers and the community at large. The committee is charged with working with the school community to ensure a positive nutritional experience for students by, evaluating meals and reviewing and updating the school's wellness policy. If you are interested in joining the LCCS wellness committee please call the school's business office at 973 642-0529.