

HOBOKEN CHARTER SCHOOL NUTRITION AND WELLNESS POLICY

The Hoboken Charter School Board of Trustees 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. The Board 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;
- Providing students with the opportunity to engage in regular physical activity.

Hoboken Charter School, in accordance with federal and state requirements, is committed to promoting nutrition and physical activity that fosters lifelong habits of healthy living. Students will be encouraged and given ample opportunity to eat fruits, vegetables, water, low-fat milk and whole grains. HCS ensures that that all students in grades K-12 participate in physical education classes to promote familiarity with athletics and a commitment to healthy physical activity. Students in the lower and middle school have time built into their weekly schedule for regular recess, providing additional opportunity for physical activity. Health is taught at all grade levels from K-12. In health class, students learn about numerous aspects of healthy living and reflect upon their own life choices. It is expected that what they learn in these classes informs their choices outside of the class. HCS is committed to providing a consistent, healthy message to students throughout the school environment. Successful implementation requires involvement from students, parents, school staff, and the community to make nutrition and fitness fun and exciting.

Schools can play a major role in helping students become fit, healthy and ready to learn. One way to accomplish this is for foods offered in schools to support lessons learned in the classroom regarding nutrition and physical activity. What better venue than schools-which have a great impact on children- to support the message that proper nutrition and physical activity are a key part of a healthy lifestyle.

Celebrating the school lunch program and after-school events offer opportunities for schools to reinforce the message that making healthy food choices and being physically active means a healthier body and a sharper mind. With that in mind, Hoboken Charter School shall reduce the purchase of any products containing trans fats. All reimbursable meals shall meet federal nutrient standards as required by the U.S. Department of Agriculture Child Nutrition Program regulations. The following items may not be served, sold or given out as free promotion anywhere on school property at any time at school:

- 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;
- All forms of candy.

Likewise, the following list contains healthy items that guardians can consider when packing snack choices for students:

- Fresh fruit
- Veggies (possibly with hummus or a dip)
- String cheese or cheese cubes
- Yogurt
- Bottled water
- Whole grain granola bars
- Pre-shelled seeds like sunflower and pumpkin
- Popcorn
- Applesauce
- Rice cakes

Please be aware that we are a nut-aware school. To that end, we ask that students and families not bring to school any food item that contains nuts. The school will also make every effort to ensure that food provided through the lunch program and other vendors is nut free.

Additionally, all snack and beverage items sold or served anywhere on school property during the school day, including items sold in fundraisers, shall meet the following standards:

1. Based on manufacturers nutritional data or nutrient facts labels:
 - No more than 8 grams of total fat per serving, with the exception of seeds.
 - No more than 2 grams of saturated fat per serving.
2. All beverages offered shall be milk, water or 100% fruit or vegetable juice and shall not exceed 12 ounces, with the following exceptions:
 - Water
 - Milk containing 1% or less fat
3. Whole milk shall not exceed 8 ounces.

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.

Adequate time shall be allowed for student meal service and consumption, and a pleasant eating environment should be provided. This school district's curriculum shall incorporate nutrition education and physical activity consistent with the New Jersey Department of Education Core Curriculum Content Standards. The HCS Board is committed to promoting the Nutrition Policy 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 eating practices. The Board will work toward expanding awareness about this policy among students, parents, teachers and the community at large.

Exceptions can be made to the policy for students with specific medical needs as per student IEP and 504 Plans.