## Public Policy Charter School

## School Wellness Policy

PPCS is committed to establishing a positive school environment that promotes students’ health, well-being, and ability to learn by supporting healthy eating and physical activity.

PPCS participates in the National School Lunch Program (NSLP), a federally-assisted meal program operating in public and nonprofit private schools and residential child care institutions. The NSLP provides nutritionally balanced, low-cost or free lunches to children each school day. The school and food vendors comply with the federal and state regulations/requirements of the program.

**Nutrition Promotion, Education and Physical Activity Goals to Promote Student Wellness**

PPCS partners with their food vendors to find ways to increase student access to healthy breakfast and lunch meal options, and to promote a healthy way of living. School staff shall encourage students to choose balanced and nutritious school meals, and shall minimize competitive food sales to increase participation in the school’s nutrition program.

Also, the school's physical education programs shall be research-based and aligned to required content standards. Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program.

Opportunities for student physical activity may be available through physical education classes, after-school programs, student athletics, intramural programs, and other activities.

**Nutrition Guidelines to Promote Student Health**

Foods and beverages available to students at the school should promote and protect students’ health, well-being and ability to learn. As such, the following guidelines have been established for foods available at the school:

* Nutritional standards adopted by PPCS for food and beverages sold to students shall meet or exceed state and federal requirements;
* Meals will be attractive and appealing to students;
* Meals will be served in clean and pleasant settings;
* Daily and weekly minimum requirements for the five components (e.g., meat/meat alternatives, grains, fruits, vegetables, milk) will be met;
* A variety of fruits and vegetables will be offered;
* All milk served will be low-fat (1%) and/or non-fat milk;
* Meals served will be within the nutrient targets for calories, saturated fats, sodium and trans-fat as defined by the USDA.