

**South Bronx Charter School for International Cultures and the Arts  
Wellness Policy**

To promote and protect students' health, well-being and ability to learn, the ICA will:

- Support all school staff in providing opportunities for and encouraging all students to be physically active on a regular basis.
- Ensure that food and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Ensure that school meals provide students with access to a variety of affordable, nutritious, and appealing foods that meet their health and nutritional needs while accommodating the religious, ethnic, and cultural food preferences of the student body.
- Ensure that students are provided with clean, sanitary settings and adequate time to eat.
- Participate in available federal school meal programs, including the School Breakfast Program, National School Lunch Program (including after-school snacks), Summer Food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food Program (including suppers).
- Provide nutrition education and physical education to foster life-long habits of healthy eating and physical activity.
- Establish linkages among health education, school meal programs, and related community service agencies.