



# *Monroe Township Public Schools*

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Dear Parents, Guardians, and Staff:

The Monroe Township Board of Education and the staff at our secondary schools are aware that child and adolescent obesity has reached epidemic levels in the United States. Poor diet, combined with lack of physical activity, has negatively impacted the health of our youth. We are trying to combat this threat to our children by encouraging children to eat healthy and nutritious foods (fresh fruits and vegetables, low fat milk, whole grain foods, etc.), supporting healthy eating habits through education, and providing time to engage in physical activity.

In support of our efforts, the Board of Education has adopted a School Nutrition and Wellness Policy as mandated by the State of New Jersey. In keeping with this policy, our secondary schools will be promoting healthy choices during the school lunches and throughout the day, a practice that benefits all. For parties and/or celebrations we encourage contributions of healthy alternatives such as baked chips, pretzels (nut free), and fruits/vegetables instead of the standard fare of candy, cupcakes, and sugar filled drinks.

In fact, due to the growing number of students with food allergies, no baked goods (homemade or bought) will be permitted. Unfortunately, baking facilities change standards frequently, and at no time do we want a child's health at risk.

We are hopeful that you will support our efforts to provide healthy alternatives for the children while here at school. Thank you in advance for your anticipated cooperation and assistance in this very important matter. Together we can promote healthy living!

Yours in Education,

Charles M. Earling  
Superintendent of Schools