

## Food Policy

<b>Written by:</b>	Admin, EAS	<b>Reviewed:</b>	January, 2021
<b>Approved by:</b>	Principal, EAS	<b>Next Review:</b>	November, 2021

At Emirates American School, we believe that healthy eating should be promoted as an enjoyable activity, as well as one that contributes to good health. We believe it is the school's role to develop pupil's abilities to make informed food choices, in a way which acknowledges and respects the eating habits of individuals and families.

- The school will provide facilities for pupils bringing in packed tiffin and ensure that drinking water is readily available at all times.
- The school will work with the pupils to provide appropriate eating arrangements.
- The school will work with parents to ensure that packed lunches abide by the standards listed below.

### We recommend packed tiffin should include:

- At least one portion of fruit and one portion of vegetables every day.
- Source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and falafel) every day.
- Dairy food such as milk, cheese, yoghurt, custard everyday
- Water, fresh fruit juice, yogurt.

### We recommend packed tiffin should not include:

- Snacks, such as crisps.
- Confectionery, such as chocolate bars, chocolate-coated biscuits and sweets. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.
- As part of our commitment to promote healthy eating, all children are encouraged to bring fruit or vegetables for playtime. We participate in the school Fruit and Vegetable Scheme which provides children in kindergarten and primary stage with a daily fruit or

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vegetables. Class teachers will plan this into the school day at an appropriate time for their children.

#### **School Canteen:**

School takes extra care to select renowned and established caterers to run school canteens for both boys and girls every year. Municipality approved food items are sold in the canteen. The school ensures highest standards of hygiene in and around the canteen. Samples of every item of food meant to sell in the canteen are kept in the school clinic every morning for verification of the food value and for the purpose of inspections from the Municipality.

#### **Outside Food:**

- **Ordering food from outside is not permitted.**
- **Cake cutting and distribution in class during birthday is not permitted.**
- **No staff or any outside person is authorised to distribute any edible items to students or staff. If any such person wants to do so, must take written permission from the Principal. A copy of this must be given to the Admin Officer before any such food is brought into the school premises.**
- **Food brought by parents or outside organisations to school for the students or staff is not allowed unless prior permission from the Principal is taken.**

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