

Responsible Food Guidelines

Knightsbridge Schools International Panama (KSI)

1. PRINCIPLE

Schools should ensure that teachers, third-party food caterers, parents and students work together and support a whole-school approach to building a culture in which students actively choose nutritious foods as part of a healthy lifestyle.

KSI is committed to a whole-school approach to healthy eating. Healthy eating covers all situations where food and drink is offered in the school environment including: school excursions, fundraising events, school activities such as celebrations and sports days, or food used in curriculum activities.

2. INTENTION

KSI believes that childhood and adolescence are important times for establishing balanced, life-long, healthy eating habits which can benefit students in three ways:

1. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities.
2. Short term: maximizes growth, development, activity levels and good health
3. Long term: minimizes the risk of diet related diseases later in life

3. GUIDELINES

3.1. HEALTHY EATING POLICY

The following categories of foods and drinks are not permitted in the school (for cafeteria-provided lunches, home-brought lunches and fund-raising events)

- **High-sugar content soft drinks and juices** including ice tea, energy drinks and flavored mineral waters with high sugar content.
- **Sweets** including chocolate, candy, donuts, chewing gum.

RESPONSIBLE FOOD RECOMMENDATIONS

We encourage daily consumption of:

- vegetables
- fruits
- whole-grain breads and cereals, rice, pasta, noodles
- dairy foods – reduced or low-fat milk, yoghurt and cheese
- lean meat and poultry, fish, eggs and legumes (dried beans and lentils)
- water

MODERATION

This category contains some valuable nutrients, but may also include unhealthy ingredients and should be consumed in moderation. They are mainly processed foods that have fat, sugar or salt added, such as:

- full-fat dairy foods, low-fat ice-cream
- 100 per cent fruit juices and 100 per cent fruit-juice based ices
- artificially sweetened drinks
- reduced-fat processed meats
- commercially prepared hot foods

- reduced-fat, high-fibre snack foods
- margarines, oils, spreads, sauces and gravies.

3.2. GUIDELINES FOR TEACHING STAFF

Our staff will integrate healthy eating/nutrition concepts in all classrooms by:

- Utilizing food only for educational purposes (such as marshmallows for making 3D constructions or popcorn for counting)
- Ensuring that any foods are not given to students as a reward for good work efforts or behavior
- Discouraging the practice of sharing food from lunchboxes in classrooms or in the playground due to the heightened risk of allergic reactions to foods or anaphylaxis issues.
- Refraining from the personal consumption of any of the non-permitted foods in the classroom.

3.3. GUIDELINES FOR SPECIAL OCCASIONS

Discourage the association of unhealthy/junk foods with celebratory or special occasions by:

- Encouraging all teachers to use non-food items as rewards
- Encouraging parents to send healthy choices to school for children's birthdays (such as fruit or vegetable plates, home-made cakes or small-size, individual portions).
- Asking parents to give a minimum of 24 hours notice to the class teacher if they are going to bring a food item in for their child to share with the class.
- Providing an option for parents at the beginning of the school year to advise the class teacher as to whether their child will participate in any celebratory food that is offered, or alternatively provide information on what they can and cannot participate in. If parents do not wish their child to participate they might like to send along "something special" from home to ensure that their child is included.

3. 4. PACKAGED FOOD

KSI encourages all students to bring a healthy lunchbox free of packaging to school for lunch and snacks. This is environmentally sound in that it reduces the amount of packaged foods that students might bring to school and eat.

This policy is drafted and proposed by the Advisory Board Health and Wellness Committee.