



HEALTHY Food POLICY



AISC Healthy Food Policy is to:

- 1) PROVIDE HEALTHY EATING OPTIONS FOR ALL MEMBERS OF OUR LEARNING COMMUNITY
- 2) PROVIDE A HEALTHY ENVIRONMENT FOR ALL MEMBERS OF OUR LEARNING COMMUNITY
- 3) DEVELOP HEALTHY EATING HABITS AND ATTITUDES IN OUR LEARNING COMMUNITY

AISC Healthy Food Policy

Last Revision: April 26, 2019

The purpose of the AISC Healthy Food Policy is to:

- 1) Provide healthy eating options for all members of our learning community
- 2) Provide a healthy environment for all members of our learning community
- 3) Develop healthy eating habits and attitudes in our learning community

The Healthy Food Policy consists of guidelines to be followed by the school and cafeteria provider and its hired staff in order to offer the school community the best quality food, as well as, safe and healthy food handling preparation and delivery procedures. This policy is reviewed on an annual basis by the School Administration, School Nurse and Parent Wellness Committee.

The policy addresses six critical issues concerning 1) Kitchenette Cooking Materials and Ingredients, 2) Serving Procedures, 3) Cooking Procedures, 4) Portion Sizes, 5) Food Waste, and 6) Cleaning Materials and Procedures.

1) Kitchenette Cooking Materials and Ingredients

- Food ingredients should come from seasonal products and materials from Cyprus. Wherever this is not possible, imported products may be used
- Food servings like nuggets, burgers, and meatballs should be prepared on site using fresh ingredients by the kitchen and not be purchased as a packaged good
- Use of olive oil instead of other cooking oils
- Every day there should be a vegetarian and a meat option
- Bread should be whole grain both for sandwiches and toast, and white bread should be offered as a secondary option
- Organic, high quality or chef-made ketchup should be offered
- Deli meat and cheese served for al-a-cart sandwich must be of good quality, with reduced sodium and preservatives. Deli used must not contain monosodium glutamate.

2) Serving Procedures

- Food should be served in clean plastic serving/stainless steel dishes (not aluminum). Forks knives and spoons must be metal
- Plastic and metal material used should be of good quality suitable for several servings and must be replaced every two years
- No aluminum plates may be used
- A limited number of commercially packaged sweet products may be served
- No commercially packaged savory snacks may be served (no commercially crisps or chips and chocolate bars). Instead, rice crackers and snacks made with whole grain products are offered.
- Organic or low in sugar chocolate products should be sold
- No canned sodas may be served
- Juices must consist of 100% fruit product with no added sugar
- Milk & milk alternatives like coconut or almond milk should be served

3) Cooking procedures

- Food should be baked, grilled, cooked, or steamed instead of fried. Fried food ratio compared to other methods must be 10%, or once per week.

- Meat and fish use should be in the following order starting with the one that is going to be used the most: Chicken, fish, pork. Pork should-not be offered more than 2 times per week.
- Cooking menu should offer variety and options.
- Cooking oil should not be used twice or be used in with two different materials like fish and meat.
- Cakes and desserts offered must be prepared on site and must be low in sugar quantities.
- PERSONAL HYGIENE (<http://faolex.fao.org/docs/pdf/eur63426.pdf>)
 1. Every person working in a food-handling area is to maintain a high degree of personal cleanliness and is to wear suitable, clean and, where necessary, protective clothing.
 2. No person suffering from, or being a carrier of a disease likely to be transmitted through food or afflicted, for example, with infected wounds, skin infections, sores or diarrhea is to be permitted to handle food or enter any food-handling area in any capacity if there is any likelihood of direct or indirect contamination. Any person so affected and employed in a food business and who is likely to come into contact with food is to report immediately the illness or symptoms, and if possible their causes, to the food business operator.

4) Portion Sizes

- See Appendix 1
- If a child asks for a second serving, they can be given one consisting of 10% their main meal.

5) Food Waste

- The cafeteria provider is responsible for monitoring food demand, availability, and consumption.
- Food waste must not be over 10% of total food cooked for the day. This can be differentiated due to demand on any day.
- Any leftovers must be stored appropriately in order to be used again.
- Fridges must offer best conditions for maintenance. Temperature should be monitored from outside the fridge door. Where necessary, provide suitable temperature-controlled handling and storage conditions of sufficient capacity for maintaining foodstuffs at appropriate temperatures and designed to allow those temperatures to be monitored and, where necessary, recorded (<http://faolex.fao.org/docs/pdf/eur63426.pdf>)
- Any leftovers that will not be used again should be disposed properly, disposed in a compost box, or they can be offered to charity in cooperation with AISC
- When being served, children may choose one item from the sweet, juice, milk, and fruit to leave behind. They can do so in a designated place and so these items can be given to other children. In addition they can choose to add an extra serving from fruit or vegetable category.

6) Cleaning materials and procedures

- Wash (cutting boards, reach-in, line, prep tables) after every use with soap and water dilution.
- Sanitize all surfaces (cutting boards, reach-in, line, prep tables) at the end of each day.
- Empty steam table and clean at the end of each day
- Wash meat and cheese slicer after each use
- Cover all bins in reach-in cooler with plastic wrap



- Wash floor mats regularly
- Sweep and mop the kitchen floor
- Sweep walk-in refrigerator daily with chlorine dilution.

- Clean out grease traps daily, at the end of each day
- Change foil linings of grill, range, and flattops after as required
- Run hood filters through the dishwasher on a weekly basis
- Cleaning materials, as much as possible, should be toxic free and eco-friendly, but it will be understood that chemical-based cleaning supplies may be needed to ensure removal of e-coli and other bacterial and agents to ensure a clean environment for the students.

Finally, in order to support a healthy living policy, the following food/beverage items and types will not be served or sold in the cafeteria:

- Canned or bottled soda/pop
- Juice drinks or cocktails
- Packaged baked goods
- Candy, chocolate, fried crisps

Appendix 1- Portions

Food Type	K 3 - Grade 5	Grade 6- 8	Grade 9- 12
Meal Pattern	Amount of Food Per Week (Minimum Per Day) in Cups		
Fruits	2.5 (0.5)	2.5 (0.5)	5(1)
Vegetables	3.75 (0.75)	3.75 (0.75)	5 (1)
Grains	8 (1)	8 (1.5)	12 (1.5- 2)
Meats/Meat	10 (1)	10 (1)	12 (1.5 -2)

Meal pattern	Breakfast meal pattern			Lunch meal pattern		
	Grades K-5 ^a	Grades 6-8 ^a	Grades 9-12 ^a	Grades K-5	Grades 6-8	Grades 9-12
	Amount of food ^b per week (minimum per day)					
Fruits (cups) ^{c,d}	5 (1) ^e	5 (1) ^e	5 (1) ^e	2 1/2 (1/2)	2 1/2 (1/2)	5 (1)
Vegetables (cups) ^{c,d}	0	0	0	3 3/4 (3/4)	3 3/4 (3/4)	5 (1)
Dark green ^f	0	0	0	1/2	1/2	1/2
Red/Orange ^f	0	0	0	3/4	3/4	1 1/4
Beans/Peas (Legumes) ^f	0	0	0	1/2	1/2	1/2
Starchy ^f	0	0	0	1/2	1/2	1/2
Other ^{f,g}	0	0	0	1/2	1/2	3/4
Additional Veg to Reach Total ^h	0	0	0	1	1	1 1/2
Grains (oz eq) ⁱ	7-10 (1) ⁱ	8-10 (1) ⁱ	9-10 (1) ⁱ	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	0 ^k	0 ^k	0 ^k	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) ^l	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week						
Min-max calories (kcal) ^{m,n,o}	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat % of total calories) ^{n,o}	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg) ^{n,p}	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
Trans fat ^{n,o}	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.					