



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: 31 May 2022

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 Nurse, Parent Wellness Committee and PASNET

The policy addresses nine critical issues concerning 1) Kitchen Cooking Materials and Ingredients, 2) Serving Procedures, 3) Cooking Procedures, 4) Portion Sizes, 5) Food Waste, 6) Cleaning Materials and Procedures, 7) Food Choices, and 8) Approved Suppliers

1) Kitchen 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 and sunflower oil or rapeseed oil for frying
- Every day there should be a vegetarian and meat option
- Both wholegrain and white bread should be available. Bread should be of superior quality.
- 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 meat used must not contain monosodium glutamate.

2) Serving Procedures

- Food should be served in clean porcelain or china dishes (not aluminum or stainless steel). Forks knives and spoons must be of good quality stainless steel
- Stainless steel used should be of good quality suitable for several servings and must be replaced every two years
- No aluminum plates may be used

3) Cooking procedures

- Food should be baked, grilled, cooked, or steamed instead of fried. Fried food ratio compared to other methods must be no more than once per week.
- 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. Anyone serving food should wear disposable food-safe gloves at all times.
 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
- Elementary portion should consist of protein, carb and vegetable / salad / veggie sticks. No dessert, fruit or drink will be served
- There will be no set menu for Middle School or High School and all dishes will be sold individually
- Middle School and High School will have options of purchasing either half portion or full portion

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 leftover ingredients 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

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.

7) Food Choices

- Cooking menu should offer variety and options
- Meat and fish should be offered in the following order starting with the one that is going to be used most:
Chicken, fish, beef and pork. Pork should not be offered more than 2 times per week.
- 3 pre-made hot sandwich choices are to be available
- Veggie pots and fruit pots will be made available
- Any commercially packaged savory snacks available in the cafeteria should be healthy, low in salt, sugar and preservatives
- Gluten free and vegan commercially packaged and healthy snacks should be available
- Any baked items (such as muffins, zucchini bread, banana bread, oat cookies) should be freshly made on site by the cafeteria provider
- No canned sodas or ice tea may be served
- Juices must consist of 100% fruit product with no added sugar
- Milk and milk alternatives such as coconut milk and rice milk should be made available
- Chocolate milk is to be made available

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 including ice tea
- Juice drinks or cocktails
- Packaged baked goods
- Candy, chocolate, fried crisps

Snacks – Elementary

Elementary students may purchase snacks from the cafeteria before 8:00am and after 3:00pm if accompanied by a parent or sibling.

Parents who do not wish for their children to purchase snacks should inform the cafeteria

Snacks – Middle School and High School

Snacks may be sold to Middle School and High School students:

- before 8:00am
- during snack time
- during lunch time
- after school ends until 3:15pm

Students are not allowed to purchase snacks during class time or in between classes

Snacks are not to be eaten in classrooms or during afternoon activities



8) Approved Suppliers

As at the date of this policy, the approved suppliers sourced by the cafeteria provider are:

Product	Supplier
Bread and bakery items	Craft
Chicken and eggs	Nefeli Farm
Dairy products and fish	Cheeseline Ltd
Oil, vinegar, flour, sugar, panko, mustard	CTC Argosy Trading Ltd
Beef and pork	Xypsitis Butchery
Milk	Charalambides Christis Ltd
Fruit and vegetables	Hadson Trading Ltd
Pasta and rice	Mitsides Group
Water and juices	Photos Photiades Group
Packaging products, foil, cling film	Pack 4U

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.					