

Healthy Eating and Food Safety Policy

Purpose:

The purpose of this policy is to promote a healthy eating environment and ensure the highest standards of food safety at Knowledge International School

Scope:

This policy applies to all food services provided within the school, including the school canteen, events, and programs involving food service to students.

Definitions:

- Carbon Footprint: The amount of greenhouse gases released as a result of a particular activity.
- Food Label: Any information marked on or attached to a food container or product, including ingredients, quality, and nutritional value.
- Food Services: Arrangements made by schools for students and staff to obtain food during the school day.
- Healthy Eating: Consuming a variety of foods to ensure the intake of nutrients and fluids in appropriate proportions and quantities to support overall health.
- Nutritional Value: The measure of the healthiness of a food item based on the quantity of nutrients contained in it.
- School Canteen: A place equipped for distribution and sale of healthy, permitted food for students and staff.
- Sustainable Meal Practices: Meal practices with low environmental impacts, including low carbon footprint, and which are accessible, affordable, and healthy.
- Waste Management: Processes and actions required to manage waste from its inception to its final disposal.

Roles and Responsibilities:

- School Administration: Ensure implementation and adherence to the food safety policy, facilitate regular training sessions, and oversee food services.
- Safety Officer: Ensure implementation and continuous monitoring of safety protocols, conduct regular inspections, and develop emergency response plans.
- School Nurse: Monitor health implications of meal programs, provide medical care and management, and contribute to health education programs.
- Teachers: Promote healthy eating, participate in training, and report concerns regarding student diet or reactions to food.
- Canteen Staff: Serve food in accordance with established nutritional and safety guidelines, maintain cleanliness and hygiene, and keep accurate records.
- Parents: Provide up-to-date medical information, support the school's food policies, and participate in discussions and feedback opportunities.
- Students: Follow guidelines for healthy eating, report dietary issues or food safety concerns, and participate actively in educational sessions.

Healthy Eating and Sustainability:

- Objectives: Provide healthy and sustainable food choices, ensure food safety, and promote an inclusive environment.
- Key Provisions: Nutritional standards, supervision and safety, and sustainability practices.

Promotion of Healthy Eating:

- Educational Initiatives: Nutrition education, staff training, and integration of nutrition education into the curriculum.
- Parent and Community Engagement: Regular communication, community events, and promotion of community-wide participation in healthy eating initiatives.

Special Considerations:

- Allergy Management: Maintain records of allergies, provide clear labeling of food items, and include considerations for students' allergies in school activities.
- Proactive Allergy Planning: Conduct risk assessments, establish emergency response procedures, and manage medications required for managing student allergies.

Food Services:

- Sustainable Food Service Practices: Adhere to regulations, conduct regular inspections, and implement changes based on student feedback.
- Quality Check and Compliance: Ensure compliance with regulations, conduct regular audits, and maintain detailed records of inspections and corrective actions.

Implementation and Compliance:

- Monitoring and Evaluation: Conduct regular checks to ensure adherence to policies and regulations.
- Feedback and Continuous Improvement: Establish a feedback mechanism from students, parents, and staff to continually assess and improve food service practices.

Inspection:

- Facility Inspection: Cleanliness and hygiene of kitchen and dining areas, proper storage of food items, and condition and cleanliness of cooking and food preparation equipment.
- Food Safety Practices: Proper food handling and serving practices, temperature control for cooking, storing, and serving food, and compliance with expiration dates and proper labeling of food items.
- Staff Compliance: Personal hygiene and proper uniform use by canteen staff, staff adherence to food safety training and guidelines, and availability of hand washing facilities.

Emergency Preparedness:

- Availability and accessibility of first aid and emergency medical kits in the food service area.
- Staff knowledge and training on handling foodborne illnesses and allergic reactions.

Appendix:

- Food Safety Training Curriculum
- Standard Operating Procedures (SOPs) for Food Handling
- Emergency Response Plan for Foodborne Illnesses
- Compliance Checklist

Conclusion: Knowledge International School is committed to maintaining the highest standards of health, safety, and sustainability in our food services. By implementing this policy, we reaffirm our commitment to the well-being of our school community and our compliance with all relevant regulations.