



**BUDAPEST BRITISH**  
INTERNATIONAL SCHOOL

## **FOOD POLICY**

## INTRODUCTION

This policy has been reviewed to take into account and comply with the mandatory National School Food Standards:

*“37/2014. (IV. 30.) EMMI rendelet a közétkeztetésre vonatkozó táplálkozás-egészségügyi előírásokról”*

*“20/2012. (VIII. 31.) EMMI rendelet a nevelési-oktatási intézmények működéséről és a köznevelési intézmények névhasználatáról”*

These standards: Outline what can and cannot be provided during the school day. They ensure a wide variety of foods are served across the school week for a good balance of nutrients.

This policy covers all food provided and consumed in school including before, during and after school and on school trips and in extra-curricular events.

### Rationale

Good eating habits established in childhood are more likely to be maintained in adulthood.

We recognise the importance of a healthy diet and the significant connection between a healthy diet and a pupil’s ability to learn effectively in school.

As an Eco school, we can influence how food is grown and produced it can also have a positive impact on sustaining our local economy, the environment, climate change and health.

It is important we consider all elements of our work to ensure that awareness of healthy eating is promoted to all members of the school and wider community.

### Aims

- To ensure that all food and drink served is in line with the Government’s mandatory standards, is varied, is served in appropriate portion sizes, looks good and tastes good.
- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of the whole school community.

- To ensure that all members of the school community are able to make informed food choices and are aware of the importance of healthy food.
- To make every reasonable effort to ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian and medical needs and that all relevant staff members (including non teaching staff e.g. midday assistants) are aware of these.
- To ensure that the EU Food Information for Consumers Regulation No.1169/2011 requirement for food providers to make information available about allergenic ingredients used in any food and drink served is being met.
- To ensure that all food and drinks consumed as snacks are healthy for teeth.
- To take a whole school approach to healthy eating to ensure that messages taught in the curriculum are reflected throughout the school day.

### Responsibility

It is the responsibility of all staff including teaching, support staff, catering staff and governors to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices.

### School's catering company

All our school meals are provided by a contracted caterer, Vienna Food, who act in accordance with the Government's standards and guidelines. A copy of the weekly menu is on display in the dining area and on the school's website.

### Break Time

A wide variety of fresh fruits are available throughout the day for children of all ages as a choice for a healthy snack. Only healthy snacks are allowed at break time. Fizzy drinks, sweets, crisps and chocolate biscuits are not allowed in school or on school trips.

### School meals

We will provide our pupils with the opportunity to eat a healthy, balanced meal and will ensure a range of meals which take into account health needs and religious and ethnic preferences.

We will ensure the service is consistent with our teaching of healthy eating and compliant with the School Food Standards.

Packed lunches will be confiscated any other food brought in to the school, unless specialist allergy note was given from a Gastroenterologist. General doctor's note is not acceptable.

#### Children with specific dietary requirements

BBIS are unable to provide lunch for students with special dietary requirements. Students with specific food allergies may continue to have packed lunches as long as the school has been provided with a note from a Gastroenterologist or Allergy Specialist. Notes from general practitioners are not acceptable in this case.

#### Drinks

Health benefits of drinking water are widely acknowledged. In line with the Government's food standards, the whole school community should have access to free fresh drinking water throughout the school day. Our aim to encourage pupils to drink water frequently, there are water fountains on every level of the building. Also, to ensure that drinks that are unsafe for teeth are not consumed between meals.

#### Packed lunches

It is a common misconception that a packed lunch brought from home is healthier than a school meal. Studies have shown that packed lunches often contain high levels of salt, fat and sugar.

Those who have specialist doctor notes such as a note from a Gastroenterologist or Allergy Specialist, may continue to have packed lunches. However, the following rules apply for the packed lunches brought into the school:

- No Nuts, any sort of nuts are strictly forbidden
- No crisps or any other savoury snacks allowed
- No confectionery such as sweets, chocolate, cakes, biscuits
- No deep fried or processed meat
- No Fizzy or sugary drinks allowed, that includes juices

Special lunch bag should be used with an ice pack included if necessary, as the school cannot take responsibility for processed food brought into school. Furthermore, we do not microwave food for children.

Type	Food Policy
Date	September 2020
Review Date	September 2021