

GIS Food Policy

The incidence of overweight children and the future health problems relating to food is a primary concern within the school. That is why the school always monitors for complying with the international health and nutrition regulations.

Some of the significant definitions include:

- 1- Competitive foods** are food and beverage items that are sold or made available to compete with the School Lunch Program (SLP). These items can include candy, popcorn etc. sold for fund raisers, snacks, and other food items brought in from home or given by teachers to students.
- 2- Foods with Minimal Nutritional Value (FMNV):** Sodas, water ices (popsicles), chewing gum, and certain candies (jellies, hard, licorice, and marshmallow).
- 3- Trans Fats** where hydrogen is added to vegetable oil to turn it into solid saturated fat. It is found in margarine, crackers, candies, cookies, snack foods, and fried foods.

The following **FOOD POLICY** applies to both the girls' and the boys' sections in different Grade levels inside the school premises:

Elementary Schools

There can be no FMNV sold in the cafeteria or competitive foods brought to the school at any time: this means at the beginning of school until the end of the last class. This means no food items can be brought in by parents, teachers, or administrators to the children during the entire day. Parents still may send in food with their children as long as it's only for their child. Parents cannot send in food for the whole class except for special occasions (like birthdays) when the Administration would have a prior notice and approval for the date and the food that will be brought to the class members.

Middle Schools

There can be no FMNV sold in the cafeteria or competitive foods brought to the school at any time: this means at the beginning of school until the end of

the last class. This means no food items can be brought in by parents, teachers, or administrators to the children during the entire day. Parents still may send in food with their children as long as it's only for their child. Parents cannot send in food for the whole class except in special occasions (like birthdays) when the administration would have a prior notice and approval for the date and the food that will be brought to the class members.

High Schools

There can be no FMNV or competitive foods available or sold during meal times in areas where meals are served and consumed. Parents may send food with their children as long as it's only for their child.

All Grade Levels

According to the health policy and the plan followed by GIS all deep-fat frying is eliminated from the meals served for consumption. Portion size restrictions on certain snacks, and sweets, milk and fruit drinks are enforced.

FMNV Exemptions

School nurses are allowed to use FMNV or candy when providing health care to individual students. Accommodating students with special needs is allowed if the individualized education program indicates the use of FMNV or candy. FMNV and competitive foods are allowed during a number of special events per year (National Day, Open day, etc...) that will not exceed 2 or 3 events. These items must not be distributed during meal times within cafeterias.