City American School Food Policy

Eat well   Move more   Live longer

"Committed to Excellence"

Healthy Eating

It is the policy of the School to encourage students to adopt eating habits that are conducive to a healthy lifestyle. To this end, the school works with the school cafeteria staff and any other relevant bodies in providing menu options that support these aims.

Who make recommendations for increasing the number and appeal of healthy options?

A "Healthy Choices" week is held each year. Students in all grades participate in curricular and extracurricular activities aimed at raising awareness and encouraging students to make healthy lifestyle choices.

Home-made Food

Students' food should be placed in a sealed lunch box with the name of student printed clearly on the front. Drinks should be placed in a plastic bottle or a flask that is also labeled. To avoid leakage flasks should be kept outside the bag.

In order to comply with Health and Safety regulations students will not be allowed to eat in class.

They will also not be allowed to drink anything except water in class.

In accordance with our "Healthy Eating Policy" parents are encouraged to follow the guidelines stated below. Students can bring the following:

- Home – made sandwiches
- Fruits
- Salads
- Biscuits (without chocolate)
- Freshly squeezed juice and milk (not in a glass container)
- Water (not in a glass bottle)

The following items are not allowed because they have a harmful effect on student's behavior and learning. The artificial colorings, sugar levels and fat levels in these foods can hinder student's progress. Thus parents' support is appreciated in our concern for student's health and success.

Children may not bring the following types of food to school:

- Chocolate or sweets
- Crisps or chips
- Fizzy drinks
- Juices that have artificial preservatives
- " Junk food " such as hamburgers, fries, fried chicken drumsticks
- Chocolate biscuits

CAS canteen will offer a daily healthy lunch meal in future.

Enrolling student in **CAS** means that you accept our food policy and assist us in implementing it.

Parent's Signature: _____