Introduction
Our Inspiration & Partners
General Rules
Lunches
Snacks & drinks
Snacks: How to make healthy choices?
Snacks: MY SNACK sticker
Snacks: MY SNACK criteria details
Our projects: Go Green
Our projects: Cooking Classes
The purpose of our Wellness policy is to help the students and staff achieve greater levels of health and wellness by making informed, sensible diet choices and adopting a balanced, healthy lifestyle.

This material is a working version which will continuously evolve as we progress in formulating and reaching our goals.
We believe that feeding children in group settings is more than getting food into children. Our project integrates concepts from:

- Nutrition
- Child development
- Food safety
- Best practices in feeding children
- Education
SLOW FOOD

Three interconnected principles: good, clean and fair. Our cafeteria was the first in the CR to adopt the Dream Canteen project.

NIPH

We actively cooperate with The National Institute of Public Health and follow the Institute’s nutrition recommendations for children.

JAMIE’S FOOD REVOLUTION

FR brings attention to food education and healthy nutrition for children. Renata Lukášová is the ambassador for the Czech Republic.

MARGIT SLIMÁKOVÁ

Nutrition and Health Coach, co-creator of Healthy Plate. Margit will happily answer any questions regarding nutrition and healthy choices. Consult her blog as well.

MENUS OF CHANGE

The Business of Healthy, Sustainable, Delicious Food Choices is a ground-breaking initiative from The Culinary Institute of America (CIA) and Harvard T.H. Chan School of Public Health that examines the key issues.

EAT, MOVE, SLEEP

This book will help you make good decisions automatically — in all three of these interconnected areas. With every bite you take, you will make better choices. You will move a lot more than you do today. And you will sleep better than you have in years.

Back to Content
General Rules

WE PREFER

- Fresh and seasonal ingredients
- Local suppliers
- Minimal and ecology packaging
- Proper hydration and plain still water
- Food with a known origin
- Organic food
- Fair trade products
- Natural colorings

WE MONITOR

- The overall sugar content
- Artificial sweeteners content
- Levels of glutamate
- Dangerous additives ("bad E numbers")
- Trans fat content
Lunches

**IMPORTANT FOR US**

- **Freshness** - flexibility, seasonality, variability, environmental friendliness, respect to all parameters of healthy nutrition
- **Taste** - emphasis on taste, quality of goods
- **Diversity** - foods from all over the world also as a source of cultural exchange and education

**NOT ACCEPTED**

- Dehydrated Convenience Foods
- Nuts (due to allergies)
- Alcohol

**LIMITED**

- Fried foods
- Pizza
- Ketchup
- Sweet main courses
- Desserts
- Processed foods
- Salt
- (Wheat) flour

**ACCEPTED & ENCOURAGED**

- Plant protein sources such as beans, legumes, peas
- Extensive salad bar: fresh and seasonal vegetables
- Fruits
- Whole grain products
- Fish
- Poultry and eggs
- Mushrooms
- Organic food

[Back to Content]
Snacks & Drinks

NOT ACCEPTED
- “Sticky” sweets
- Candies
- Soda - pop type drinks
- Nuts (due to allergies)
- Alcohol
- Energy drinks

LIMITED
- Chocolate
- Cakes
- Cupcakes
- Pies
- Ice Cream
- Cookies

ACCEPTED & ENCOURAGED
- Plain still water
- 100% juices
- Home-made fresh products
- Whole grain products
- Multigrain snacks
- Fruits (fresh, cut fruits)
- Vegetables
- Natural yogurt
- Smoothies
- Dried fruits and vegetables

Back to Content
Snacks: How to make healthy choices?

FRUITS AND VEGETABLES
- Focus on fruits and vegetables first
  - Eat the rainbow
- Give preference to & enjoy seasons

SNACKS
- Buy the smallest package possible or share a bigger package with your friend
- After sports, eat a piece of fruit

DRINKS
- Plain still water is best
- Naturally flavored water with your favorite fruit or herb is number two
- Fruit, green or herbal tea is recommended
- Prefer 100% fruit juices and smoothies or milk drinks
- Choose low-sugar flavored drinks (< 4g/100ml added sugar)

DIARY PRODUCTS
- Enjoy the taste of natural yoghurt
- Give preference to cheese and high quality hard cheese
- Incorporate fresh goat and sheep cheese

HAM
- Choose ham with at least 80% meat content
- Give preference to chicken or turkey

ICE CREAM
- Choose ice cream bars/popsicles with good quality chocolate for coating (high cocoa mass content; avoid trans fatty acids)
- Yogurt or cottage cheese base is best
- In fruit purées with no milk, watch the sugar content, which is frequently very high

PASTRY & BISCUITS
- Opt for whole grain products (but not for pre-school kids)
- Give preference to home-made products
- Choose plain pastry or natural fruit or cottage cheese fillings

CHOCOLATE
- Go for small portions and high quality
- The cocoa content (cocoa mass) should be listed first, or at least right after sugar content! Avoid substitutes like trans fats
- Cocoa may be replaced with carob

FISH
- Eat fish at least twice a week

- So called „Pamlsková vyhláška“ (Snack Decree) modifies sale and promotion of snacks at the state elementary schools in the Czech Republic. High schools have been excluded.

- While cooking for private schools and not being subject of state subsidies, we are not obliged to follow this decree. However we do want to be in line of this document as much as possible.

- There have been many doubts and questions, and at the moment we are waiting for some clarifications.

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**Decree tries to solve:**
- Sugar content
- Fat Content
- Salt Content

**Decree does not solve criteria of**
- Quality, freshness and source of ingredients
- Food processing

- As a result of this fact, there are certain products which are subject of exception, like low fat sweetened yoghurts and some organic products containing a little volume of palm oil are prohibited. And we disagree with such practice.
Snacks: MY SNACK sticker

Fresh & Tasty snack made on the spot from fresh ingredients or those supplied by our trusted suppliers. MY SNACK meets all the requirements of Snack Decree.

Under our Wellness Policy, we are implementing the following measures:

▶ The products sold in the school canteen that meet the regulation criteria are labelled MY SNACK (look for a suricata label).
▶ It is our recommendation to all students under 15 to buy primarily those products.
▶ We believe that through education, children learn more easily to make the right decisions encouraging their health and well-being.

MY SNACK criteria:

▶ No hydrogenated fat
▶ Only the minimum necessary amount of sugar (2 tsp per 100g(ml) maximum)
▶ Dairy products contain 5g fats per 100g maximum
▶ Cheeses contain 30g fats per 100g maximum
▶ Only a pinch of salt per 100g
<table>
<thead>
<tr>
<th>Type of food / maximum allowable value per 100g(ml) of product</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Unprocessed fruit and vegetable (whole, diced/sliced, peeled)</td>
<td>no added sugar (regardless of the origin of the sugar)</td>
</tr>
<tr>
<td>Fresh fruit and vegetable juices</td>
<td>no added sugar (regardless of the origin of the sugar)</td>
</tr>
<tr>
<td>Processed fruit (smoothies, purées, pastes, dried fruit)</td>
<td>1g</td>
</tr>
<tr>
<td>The amount of added sugar in drinks</td>
<td>4g</td>
</tr>
<tr>
<td>The amount of added sugar in dairy products</td>
<td>11g (14g tolerated)</td>
</tr>
<tr>
<td>The amount of added sugar in soft pastry</td>
<td>15g (18g tolerated)</td>
</tr>
<tr>
<td>The amount of added sugar in the „other food“ category (e.g. porridge)</td>
<td>10g</td>
</tr>
<tr>
<td>The amount of fat in dairy products</td>
<td>5g</td>
</tr>
<tr>
<td>The amount of fat in cheeses</td>
<td>30g</td>
</tr>
<tr>
<td>The amount of salt in dairy and vegetable products</td>
<td>0,5g</td>
</tr>
<tr>
<td>The amount of salt in open-daced bakery products not containing any of the following: mayonnaise, dressings, mustard or ketchup</td>
<td>1g</td>
</tr>
<tr>
<td>The amount of salt in bread and regular bakery products</td>
<td>1,8g (bread), 1,5g (regular bakery p.)</td>
</tr>
</tbody>
</table>
Our Projects: **Go Green**

**We prefer to use**
- Real glass, fork, knife and plate instead of plastic ones
- Mugs instead of paper cups
- Bioplastic materials for packed snacks
- Eco-friendly lunch trays
- Beans, legumes and peas of organic quality
- Local suppliers
- Tap water in glass jugs
- The most modern water dispensers (no plastic barrel exchange)
- The latest technologies in the kitchen to save energy

**We work with**
- ISP students to compost our organic waste

**We support**
- The Protein flip idea due to the environmental footprint of red meat

**We encourage**
- Online communication to reduce printing
Cooking classes are not just about the recipes and cooking itself – they are about much more:

- Perceiving food as a value
- Thinking about ingredients
- Developing correct habits
- Learning to cooperate and building a team spirit
- Last but not least, cooking is all about fun!

- One-year cooking classes in accordance with the Slow Food philosophy.
- Inspired by Jamie Oliver's Food Revolution, Kitchen Garden program.
- During the course of the school year, the little cooks can be looking forward to various topics reflecting the seasons of the year, national cuisines, or important international holidays.
- Tatána Le Moigne’s entertaining game Yummy!, used in every single class, adds to the variety of the course.