

# THE WELLNESS POLICY

## Content

Introduction	.....	1
Fat & Sweet Policy / Snacks	.....	2
Lunch Policy	.....	4
Carbon Foot Print	.....	4

## INTRODUCTION

The purpose of our Fat & Sweet policy is to help the students and staff of the International School of Prague achieve greater levels of health and wellness by making informed, sensible diet choices and adopting a balanced, healthy lifestyle.

We believe that feeding children in group settings is more than getting food into children. Our project integrates concepts from nutrition, child development, and food safety and also includes best practices in feeding children.

Under the new plan, the school will encourage the use of healthy foods such as whole-grain products, milk, fresh fruit, vegetables and 100 percent juices. Certain food, such as full-fat dairy products, pies and doughnuts, will be allowed on a limited basis.

These simple guidelines are being prepared in cooperation with Jitka Rusková, a qualified dietitian working for the Child Nutrition Centre.

Jitka is available to ISP parents to answer any questions regarding child nutrition.



**This material is a working version which will continuously evolve as we progress in formulating and reaching our goals.**

**Below are the new policies regarding certain food types and specific foods.**

WE PREFER	WE MONITOR
Local suppliers	The overall sugar and fat content
Foods with a known origin	Artificial sweeteners
Organic foods	Levels of glutamate
Fair trade products	Dangerous additives (“bad E’s”)
Natural colorings	
Fresh and seasonal ingredients	
Minimal packaging	

## FAT & SWEET POLICY

SNACKS & DRINKS		
✗ NOT ACCEPTED	⬢ LIMITED	■ ACCEPTED & ENCOURAGED
"Sticky" sweets Candy Soda – pop type drinks Nuts (due to allergies)	Chocolate Cakes Cupcakes Full-fat dairy products Pies Ice Cream Cookies Doughnuts Lightly –sweetened carbonated drinks	Low fat (half-fat) milk 100 percent juices Whole grain products Multigrain snacks Fruits Vegetables

### Elementary School Policy

Snacks and ice cream, pastries, chips, yoghurt with candy are only allowed as special treats on Fridays. Water, juice and milk are the only drinks allowed. (No flavored water)

## OUR TIPS

### SNACKS

- ☀ Buy the smallest package possible
- ☀ After sports, eat a piece of fruit; in the evening, opt for a dairy or meat product to replenish proteins

### DRINKS

- ☀ Plain still water is best
- ☀ Choose low-sugar flavored drinks (< 5% added sugar)
- ☀ Prefer 100% fruit juices or milk drinks
- ☀ Fruit, green or herbal tea is recommended

### DAIRY PRODUCTS

- ☀ Try to avoid processed cheese
- ☀ Watch the fat content in yoghurt (< 5%)
- ☀ Watch the fat content in cheese (< 45%)

### ICE-CREAM

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

### HAM



fresh & tasty



International School of Prague

- ☀️ Choose ham with at least 80% meat content
- ☀️ Prefer chicken or turkey

### **PASTRY / BISCUITS**

- ☀️ Opt for whole grain (but not for pre-school kids!)
- ☀️ Prefer homemade products
- ☀️ Avoid overly sweet & fried products
- ☀️ Choose plain pastry or natural fruit or cottage cheese fillings

### **CANDY / CHOCOLATE BARS**

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

### **FISH**

- ☀️ Eat fish at least twice a week

### **“THE FAT STORY”**

A simple, practical way of distinguishing between fats is to divide them into hard and soft fats.

#### *Soft fats (Omega-3, -6 and -9)*

The soft, unsaturated fatty acids have been named the Omega series. Omega-3 from fish oil, Omega-6 from vegetable oils, meat and fowl and Omega-9 from olive oil and rapeseed (canola) oil all have a long-term beneficial effect on health.

#### *Hard fats*

Fat with a high proportion of hard, saturated fatty acids has a solid consistency at refrigerator temperature (e.g. butter or lard). Hard fatty acids increase the “bad” cholesterol content in the blood and thereby the risk of cardiovascular disease. Hard fats are primarily found in dairy products (butter, cheese, whole milk and cream), in fatty meat products, especially beef, and in hard edible fat. Sweet bakery products and chocolate also contribute to our high consumption of hard fat.

#### *Trans fats*

Trans fats are to be avoided as much as possible. These fats are mostly found in “man-made” partially hydrogenated (hardened) fats such as margarine or shortening. While most modern “butter-alternative” spreads no longer contain trans fats, unhealthy trans fats are still used in the production of some commercially baked goods such as crackers, cookies and cakes, as well as fried products (french fries) and low-quality chocolate snacks. Read the ingredient list before you buy.

## LUNCH POLICY

LUNCHES		
✗ NOT ACCEPTED	✦ LIMITED	■ ACCEPTED & ENCOURAGED
Dehydrated Convenience Foods Processed cheese Nuts (due to allergies) Any alcohol	Fried food Pizza Ketchup Desserts Processed food Salt Flour	Fresh fruits and vegetables Lean meat Fish

### Important for us

- ☀ **Freshness** – flexibility, seasonality, environmental friendly, 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 (offer of sushi maki etc.)

### Lunch Menu Offer

- ☀ Home made fresh sandwiches and baguettes
- ☀ One of two soups freshly made every day, always one vegetarian soup
- ☀ Two main courses which alternate fresh fish, poultry meat and beef meat, always served with a vegetable side dish
- ☀ One vegetarian dish
- ☀ One or two pasta dish

## HOW WE REDUCE OUR CARBON FOOT PRINT



- We use the most modern water dispensers (no plastic barrel exchange)
- We work with ISP students to compost our organic waste
- We use the latest technologies in the kitchen to save energy
- We encourage online communication to reduce printing
- We prefer local suppliers