



Embassy International School, ul. Edmunda Biernackiego 10, 30-043 Kraków, Poland
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Food Policy

The purpose of this policy is to expressly state our position regarding the kinds of foods and snacks eaten in school.

Allergies

We ask that parents inform the school of food allergies. The school keeps a list of this in the kitchen/serving areas, the staff room and the office. It is up to parents to keep us properly informed **in writing** of any allergies. Without this information we cannot guard against potentially dangerous situations for children.

Drinks

The climate in Poland is such that children need to have regular access to drink during the day and in lessons. Furthermore, a well-watered brain works better than one that is dried out.

We ask that children have a water bottle that is clean and theirs. In school there are many water fountains for children to refill their water bottles.

Children should not be given sugar based or carbonated drinks, or caffeine based drinks in school. This means drinks such as coca-cola and similar. Such drinks are prone to explosion in class, difficult to clean up and additionally cause sudden changes in blood sugar levels which can have a negative effect on children's behaviour and learning. The school reserves the right to remove such drinks from children in class.

Fizzy water is acceptable, but if a child causes an explosion in class with this it will be considered a disciplinary matter.

Lunch

The school provides access to two catering companies who are asked to provide the following minimum of options every day:

Non-vegetarian (large and small option)

Vegetarian meal (large and small option)

Additionally they are asked to facilitate online ordering and cancellation on the day of service to accommodate pupil absence. They have also been asked to be aware and cater for special dietary requirements as far as they can.

Polish law is very clear and very strict regarding the conditions and healthiness of the food caterers provide for schools and catering companies are subjected to state inspections to ensure compliance with these rules.

Pupils may bring food from home for lunch to be re-heated in a microwave by our auxiliary staff.

Children should not swap food (particularly puddings) during lunch and they will only be served what was ordered for them.

If for some reason a lunch is not delivered the school will notify the catering company who will be asked to get a replacement lunch quickly.

We may serve a replacement meal if this is not possible.

Parents will be informed if a replacement meal has been served.

If a family chooses some feeding arrangement beyond and outside of these arrangements the school cannot help with delivery arrangements.

Snacks

At 10.15 every day there is a snack break in school. These snacks are provided from home and we ask for the following guidelines to be observed:

Snacks should be healthy – we ask to not give children chocolate bars, crisps (chips), sugar based bon bons, biscuits. Instead we strongly suggest and ask for them to be given fruit, grain bars, yogurts (with their own spoon), light sandwiches, and other foods commonly understood to promote healthy eating.

Snacks should not be shared. This is for basic hygiene reasons and protection against allergic reactions.

The catering companies may offer snacks for purchase in advance.

Special events – birthdays, bake a cake days, special events

Where we ask for food contributions, or where this happens as part of a celebration we ask that firstly parents come to the office (so that no-one is walking around the building without our knowledge) and secondly, that highly allergenic food stuffs are avoided (nuts in particular but also celeriac and related food types). If for some reason (traditional food for example) these allergens are in a food brought to school please make sure it is extremely clearly marked so that we know whom not to allow contact with it.

The school has a number of fridges where foods can be kept cool.

Lindsay Davidson

Head of School

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