



Jewels International School of Kinshasa

6705, Avenue OUA – Commune de Ngaliema (Next to U.N.H.R Office),
Kinshasa / Democratic Republic of Congo

SEPTEMBER 2022

Healthy Canteen Policy of Jewels International School of Kinshasa

Rationale

The canteen at JISK provides healthy food choices for students in the school and a canteen menu that reflect the *Dietary Guidelines for Children and Adolescents*.

The school canteen, as part of the whole school, implements and recognises that schools are ideal settings to educate about healthy food choices and physical activity.

JISK's canteen can provide a substantial proportion of a child's daily nutritional intake if both lunch and snacks are regularly purchased from the school canteen.

The JISK canteen provides the means by which children and adolescents can put into practice the nutrition messages they are being taught in the classroom. The canteen can model healthier food choices that are tasty, interesting and affordable. This can influence food choices at school and in the wider community.

The JISK canteen aims to:

- provide an enjoyable, nutritious and attractively presented selection of food and drinks at reasonable prices
- help reduce health risk factors by encouraging the development of good eating habits consistent with the *Dietary Guidelines for Children and Adolescents*
- provide students with practical learning experiences about making healthy food choices, that reinforce classroom lessons
- function as an efficient enterprise
- demonstrate high standards of hygiene in relation to the preparation, storage and serving of food at the canteen

A current copy of the canteen policy that has been signed and dated will be given to canteen. This policy will be made available to all school community members and placed on permanent display in the school canteen.

Alterations to this policy

- This policy will be reviewed annually by the Governing Body at JISK

Examples of healthy options: wraps, fruit, yoghurt, samosas, pizzas, sandwiches, cereal, pasta, etc. Chips, fries, carbonated drinks, donuts, etc. CAN ONLY BE SOLD ON FRIDAYS.

Name	Signature	Date
Najma Munshi (Head of Governing Body)	+9++	September 6 th , 2022
Amina Munshi-Manji (Director)		October 15 th , 2022
Batoul Rhemtulla (Canteen Chairperson)		October 15 th , 2022