



**Abridged Version of Healthy Eating and Food Safety Policy**

**Our Vision:**

**"A healthy mind resides in a healthy body."**

We promote nutritious eating, food safety, and environmental responsibility.



**What We Encourage:** Nutritious and balanced meals | Fresh fruits, vegetables, proteins | Reusable containers & bottles | Adequate hydration.

**What to Avoid:** Fried/processed foods | Sugary drinks & snacks | Caffeinated/energy drinks | Nuts (allergy risk) | External food delivery



**Our Initiatives:**

Healthy Food Charts in classrooms	No Non-Veg Thursdays
Water Bell Initiative	Wellness Champion recognition
Sugar Board showing hidden sugar content	Bhavans Kardio Klub nutrition campaigns
Zero Waste Challenge & Bio-Manure composting	BMI monitoring for healthy growth

**Parent Partnership:** Pack nutritious, allergen-free meals in reusable containers | Follow prohibited food guidelines | Report food allergies immediately to school nurse | Participate in wellness workshops | Encourage healthy eating habits at home

**Food Allergy Safety:** Annual health forms document allergies | Information shared with teachers and staff | Emergency medication maintained | Immediate response protocol | Regular staff training

**Student Responsibilities:** Wash hands before/after eating | Keep areas clean & dry | Practice waste segregation | Make healthy choices | Report any allergic reactions immediately

**Monitoring:** Regular lunchbox checks | Daily hygiene observations | Termly allergy updates | Monthly sustainability tracking | Parent feedback reviews

*For concerns or questions, contact: School Nurse, Class Teacher or School Administration*

Principal's Signature