



MTMI Healthy Food and Snacks Policy

Definitions

Healthy food: Food that provides adequate amounts of energy, protein, vitamins, minerals, and other nutrients essential for health and well-being, while limiting the intake of saturated fat, trans fat, salt, sugar, and alcohol. Healthy food includes a variety of foods from different food groups, such as grains, vegetables, fruits, legumes, nuts, seeds, dairy products, eggs, fish, poultry, meat, and healthy oils.

Unhealthy food: Food that is high in energy density (calories), but low in nutrient density (vitamins, minerals, and other nutrients). Unhealthy food typically contains excessive amounts of saturated fat, trans fat, salt, sugar, or alcohol. Unhealthy food includes processed foods, fast foods, fried foods, sweets, pastries, cakes, biscuits, chips, crisps, soft drinks, energy drinks, and alcoholic beverages.

School food environment: The physical and social context in which students obtain and consume food and drinks at school. The school food environment includes the availability, accessibility, affordability, quality, variety, and promotion of food and drinks at school. The school food environment also includes the food culture, norms, values, attitudes, beliefs, knowledge, skills, and practices related to food and nutrition at school.

Summary

This policy aims to promote healthy eating habits among students by providing them with nutritious and appealing food and drinks at school. The policy also aims to enhance food and nutrition education at school by integrating it into the curriculum and co-curricular activities. The policy applies to all food and drinks brought to school by students, sold or served at school premises or during school-related events or activities. The policy also applies to all staff members who are involved in food provision or education at school.

*Please Note

No Unhealthy food will be allowed to be brought to school/on MTMI premises. Any unhealthy food that is found in the possession of students will be confiscated and parents will have to collect items from MTMI management.

Please see below MTMI's suggested list of healthy lunches and snacks. The list is not exhaustive, please check with MTMI staff/management if you are unsure of what to pack for students daily snack and lunch.

Snack Suggestions

Fresh/Dried fruit, e.g. Apples, bananas, oranges, watermelon, pineapple berries, pears, strawberries, mandarin, peaches, apricots, nectarines, grapes, etc.	Vegetables, e.g. potato wedges, tomatoes, carrot sticks, cucumber sticks, corn, avocado, green beans, peas, capsicum sticks, cobs, celery sticks, etc.	Cheese, e.g. cream cheese, cheese cubes/sticks/slices, cottage/ricotta cheese, mini cheddars etc.	Muffins, e.g. bran/savoury
Yoghurt	Nuts	Raisons	Rice cakes
Crackers/Crispbreads	Plain pretzels	Popcorn	Biltong

*Biscuits, sweets, chocolate spreads, chocolate muffins and chips are NOT allowed.

Lunch Suggestions

Sandwiches , preferably on brown or whole-grain bread	Vegetables , steamed/grilled/roasted	Fish , cakes/fingers, Tuna, Hake etc.	Chicken , Breast, drumstick, thigh
Lean beef/Mince dishes meat balls, steak, brisket, chuck	Salads greek, caesar, chicken, pasta etc.	Eggs Boiled/scrambled/omelette	Soups vegetable, chicken, beef
Falafel balls	Rice dishes	Pasta dishes	Wraps/Hotdogs

Drinks Suggestions

Water	Non-flavoured Milk	Fruit Juice	Fruit smoothy (No sugar)
--------------	---------------------------	--------------------	---------------------------------

*Soda, flavoured water and milkshakes are not allowed at school.