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## The American International School—Duhok

# Food and Beverage Policy

Policy Number: AS08

Effective Date: November 28, 2023

### 1. Purpose:

The purpose of this Food and Beverage Policy is to establish guidelines for the consumption of food and beverages within the American International School—Duhok, herein after referred to as AIS or the School. This policy aims to promote healthy habits, ensure the safety and well-being of students, and create an environment that supports optimal learning and nutrition.

### 2. Definitions:

- a. *Nutritious Foods:* Foods that provide essential nutrients, including fruits, vegetables, whole grains, lean proteins, and low-fat dairy products.
- b. *Junk Foods:* Foods that are high in added sugars, unhealthy fats, and low in nutritional value, including but not limited to candy, chips, soda, sugary drinks, and heavily processed snacks.
- c. *Home-Packed Foods:* Foods and beverages brought from home by students for personal consumption during school hours.
- d. *School Meals:* Nutritious meals and snacks provided by the school's food service program or contracted vendors.

### 3. General Guidelines:

- a. *Nutritious Foods Encouraged:* Students are encouraged to consume balanced and nutritious foods and beverages that support their overall health and well-being.
- b. *Limitation of Junk Foods:* Junk foods, such as candy, chips, soda, sugary drinks, and heavily processed snacks, are not permitted on school premises during school hours unless provided by the School for a special event/ celebration.
- c. *Age-Appropriate Foods:* Foods and beverages should be appropriate for the age and developmental stage of the students, taking into consideration any dietary restrictions or allergies.

### 4. Food and Beverage Consumption:

- a. *Breakfast and Lunch:* Students are encouraged to participate in the school's breakfast and lunch programs, which offer nutritious meals and snacks.
- b. *Home-Packed Foods:* Students may bring home-packed foods and beverages for personal consumption during school hours. These items should align with the school's guidelines for healthy eating.



- c. Classroom Celebrations: For classroom celebrations or special events, parents, teachers, and staff are encouraged to provide and promote healthier food and beverage options. Junk foods and sugary drinks should be minimized or avoided.

### **5. Water and Hydration:**

- a. Water is the preferred beverage for students to stay hydrated throughout the day. Students are encouraged to bring refillable water bottles to school and have access to water or designated water stations provided by the School.
- b. Sugary drinks, including soda, energy drinks, and sports drinks, are not permitted during school hours, except for specific medical or special circumstances with prior approval from the school administration.

### **6. Communication and Education:**

- a. The school will communicate the Food and Beverage Policy to students, parents/guardians, and staff members at the beginning of each academic year or as necessary.
- b. The school will provide educational resources and initiatives to promote healthy eating habits, nutrition education, and the benefits of a balanced diet.

### **7. Review and Evaluation:**

This policy will be reviewed periodically to ensure its effectiveness and relevance. Feedback from students, parents, staff, and relevant stakeholders will be considered in the policy's evaluation and improvement.

### **8. Authority**

This policy shall be subject to periodic review and revision to ensure its effectiveness and relevance. The ultimate authority for policy approval within the school rests with the school's governing body. This policy shall take effect upon approval by the school's governing body.

### **9. Policy Adoption**

Approved: November 28, 2023

Amended: