IC school aims to provide a high quality of meal and snack service by applying the international food safety recommendations, developing healthy eating habits and implementing an appealing food menu for students, parents and staff.

We are committed to provide a school environment that promotes and protects children's health, well-being, and the ability to learn by fostering healthy eating habits.

Nutrition education and lifelong habits of healthy eating will be established during the next academic year; Therefore, we are planning, as a top priority, to remove “Strongly Discouraged Food Items” as mentioned in the “Nutritional Guidelines on School Lunch for Primary School Students” from all menu choices in order to reduce the intake of total fat, salt and sugar to prevent from having long-term health problems.
Strongly Discouraged Food Items

- Deep-fried food items such as French fries, Deep-fried chicken wing and nuggets
- Food items with very high salt content
- Food items high in fat, trans fat and hydrogenated fat such as butter, coconut cream, palm oil and margarine plant sources of saturated fat
- Desserts with added sugar including ice cream, cookies and candies
2010 - 2011 Nutrition Initiatives

- Continue to prepare sandwiches with whole grain bread
- Provide a healthy corner for Fresh fruits & Salads
- Continue to reduce added sugar and salt
- Increase fiber rich foods
- Increase Low-fat foods
- Continue to offer vegetarian options
Do you want a variety of Healthy food and snacks Today & Everyday???
Come And Enjoy our New Healthy and Green corner

Light Club sandwiches
Fresh salads with light dressing
Brown Bread Sandwiches
Dried Fruits & Nuts Snack
Low Fat Diary Products
Fresh Fruits Corner
Sugar-Free chocolate
High fiber biscuits
Cereals and cereal bars

FOR A HEALTHY LIFESTYLE
Healthy and Green Snacks

The nutritional value of healthy snacks contribute positively to the growth and development of children. Therefore, at IC Snack – Bar, we have increased the supply and promotion of healthy meals and snacks. In addition, nutrition facts and calories will be labeled on each item served and new packaging will be applied.
Healthy and Green Snacks

- Bread and cereals which are low in fat, sugar or salt content such as whole wheat bread
- Multigrain brown sandwiches such as grilled chicken breast, smoked turkey, Tuna fish in water mixed with light dressing and fresh vegetables
- Healthy and fresh salads with light dressing
- Unsweetened breakfast cereal high in fibers
- High fiber biscuits and cereal bars
Healthy and Green Snacks

- Dried fruit without added sugar such as dried apricots and raisins. Nuts such as almonds, walnuts and peanuts

- Low-fat dairy products such as low-fat milk, zero-fat fruit yoghurt
- Low sugar beverages such as mineral water, 100% natural fresh fruit juice, unsweetened
- Low sugar soy milk
The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.
Tuna Pasta Salad  Tuna fish mixed with pasta, iceberg lettuce, tomatoes and corn  
Served with Balsamic vinaigrette dressing  
Calories 275, 3g total fat, 1 g saturated fat, 8g fiber, 32g CHO, 29g protein

Greek Salad  Iceberg lettuce, Cucumber, tomatoes, crumbled feta cheese, dried oregano, olives, Served with lemon dressing  
Calories 303, 8.5g total fat, 8 g fiber, 10g CHO, 25g protein

Crab Salad  Orange slices topped with carrots, apple, cucumber and walnuts with fresh crab on top, served with light Mayo dressing  
Calories 255, 20g CHO, 25g protein, 13g total fat, 8g fiber

Roca Salad  Fresh Roca, fresh mushroom, cherry tomatoes, walnuts topped with Parmesan cheese, served with Balsamic vinaigrette dressing  
Calories 150, 10g CHO, 11g protein, 8g total fat, 1g saturated fat, 8g fiber

Chicken Caesar  Iceberg lettuce topped with baked croutons and parmesan cheese with grilled chicken slices on top served with light Mayo dressing  
Calories 295, 17g CHO, 33g protein, 7g total fat, 2g saturated fat, 8g fiber
**Grilled Chicken Sandwich:** Grilled chicken, light garlic dip, fresh lettuce, pickles, served in multigrain baguette  
Calories 310, 30g CHO, 27g protein, 7g total fat, 2g saturated fat, 6g fiber

**Turkey Sandwich:** Smoked turkey slices, tomatoes, iceberg lettuce, pickles, mustard Dijon dressing served in multigrain baguette  
Calories 240, 30g CHO, 13g protein, 2g total fat, 6g fiber

**Tuna Sandwich:** Light tuna mixed with light mayo dressing, corn, tomatoes, pickles and fresh lettuce served in multigrain baguette  
Calories 350, 37g CHO, 28g protein, 9g total fat, 2g saturated fat, 6g fiber

**Roast Beef Sandwich:** Roast beef, fresh lettuce, tomato slices, pickles, mustard Dijon dressing served in multigrain baguette  
Calories 350, 30g CHO, 27g protein, 12g total fat, 2g saturated fat, 6g fiber

**Crab Sandwich:** Crab sticks, corn, lettuce, tartar sauce served in multigrain baguette  
Calories 350, 37g CHO, 28g protein, 9g total fat, 2g saturated fat, 6g fiber
Tuna Club sandwich: Light tuna mixed with light mayo dressing, pickles, served in whole grain club sandwich
Calories 310, 30g CHO, 27g protein, 9g total fat, 2g saturated fat, 6g fiber

Turkey Club sandwich: Smoked turkey, Mozzarella cheese, pickles, mustard-Dijon dressing served in whole grain club sandwich
Calories 290, 30g CHO, 20g protein, 6g total fat, 2g saturated fat, 6g fiber

Chicken Club sandwich: Chicken mixed with light mayo dressing, light garlic dip, pickles served in whole grain club sandwich
Calories 310, 30g CHO, 27g protein, 8g total fat, 2g saturated fat, 6g fiber

Ham and Cheese club: Ham slices, spread cheddar cheese, pickles served in whole grain club sandwich
Calories 335, 30g CHO, 20g protein, 14g total fat, 4g saturated fat, 6g fiber
### Tuna pasta salad
- 90g tuna drained in water: 21g protein, 3g fat, 105 Cal
- ½ cup cooked pasta: 15g CHO, 3g protein, 80 Cal
- ¼ cup corn: 7g CHO, 1g protein, 40 Cal
- 2 cup vegetables: 10g CHO, 4g protein, 8g fibre, 50 Cal

### Greek salad
- 90g feta cheese
- 21g protein, 5g fat, 225 Cal
- 5 olives: 3.5g fat (monounsaturated fat MUFA), 28 Cal
- 2 cup vegetables: 10g CHO, 4g protein, 8g fibre, 50 Cal

### Crab salad
- 90g Crab: 21g protein, 3g fat, 105 Cal
- 4 halves walnuts: 5g fat (polyunsaturated fat PUFA), 45 Cal
- 2 cup vegetables and fruits: 20g CHO, 4g protein, 8g fibre, 60 Cal
- 1 tbsp Mayo reduced fat: 5g fat, 45 Cal

### Tabbouli
- 2 cup vegetable: 10g CHO, 4g protein, 8g fibre, 50 Cal
- 1 small cup burghul: 5g CHO, 1g protein, 2g fibre, 25 Cal
- 2 tbsp olive oil: 10g fat, 90 Cal

### Roca salad
- 4 halves walnuts: 5g fat, 45 Cal
- 30g parmesan: 7g protein, 3g fat, 55 Cal
- 2 cup vegetables: 10g CHO, 4g protein, 8g fibre, 50 Cal

### Chicken Caesar salad
- 90g grilled chicken breast: 21g protein, 1g fat, 105 Cal
- 30g parmesan: 7g protein, 3g fat, 55 Cal
- 50g croutons: 7g CHO, 1g protein, 40 Cal
- 2 cup lettuce: 10g CHO, 4g protein, 8g fibre, 50 Cal
- 1 tbsp Mayo reduced fat: 5g fat, 45 Cal
Multigrain sandwiches ingredients

Grilled Chicken sandwich
- 90g grilled chicken breast: 21g protein, 1-3g fat, 105 Cal
- Multigrain baguette: 30g CHO, 6g protein, 0-1g fat, 6g fibre, 160 Cal
- 1tbsp light garlic dip: 5g fat, 45 Cal

Turkey sandwich
- 3 slices smoked turkey: 7g protein, 1g fat, 55 Cal
- Multigrain baguette: 30g CHO, 6g protein, 0-1g fat, 6g fibre, 160 Cal
- Vegetables: 25 Cal

Tuna Sandwich
- 90g tuna drained in water: 21g protein, 3g fat, 105 Cal
- Multigrain baguette: 30g CHO, 6g protein, 0-1g fat, 6g fibre, 160 Cal
- ¼ cup corn: 7g CHO, 1g protein, 40 Cal
- 1tbsp Mayo reduced fat: 5g fat, 45 Cal

Crab sandwich
- 90g Crab: 21g protein, 3g fat, 105 Cal
- Multigrain baguette: 30g CHO, 6g protein, 0-1g fat, 6g fibre, 160 Cal
- ¼ cup corn: 7g CHO, 1g protein, 40 Cal
- 1 tbsp tartar sauce: 5g fat, 45 Cal

Roast Beef sandwich
- 90g roast beef: 21g protein, 12g fat, 165 Cal
- Multigrain baguette: 30g CHO, 6g protein, 0-1g fat, 6g fibre, 160 Cal
- Vegetables: 25 Cal
Whole Bread Club Sandwiches ingredients

Tuna club sandwich
- 90g tuna drained in water: 21g protein, 3g fat, 105 Cal
- Whole grain toast: 30g CHO, 6g protein, 0-1g fat, 6g fibre, 160 Cal
- 1tbsp Mayo reduced fat: 5g fat, 45 Cal

Turkey club sandwich
- 3 slices smoked turkey: 7g protein, 1g fat, 55 Cal
- 2 slices Mozzarella cheese: 7g protein, 5g fat, 75 Cal
- Whole grain toast: 30g CHO, 6g protein, 0-1g fat, 6g fibre, 160 Cal

Chicken club sandwich
- 90g grilled chicken breast: 21g protein, 1-3g fat, 105 Cal
- Whole grain toast: 30g CHO, 6g protein, 0-1g fat, 6g fibre, 160 Cal
- 1tbsp light garlic dip: 5g fat, 45 Cal

Ham & cheese sandwich
- 2 slices Ham: 7g protein, 8g fat, 100 Cal
- 2 slices Mozzarella cheese: 7g protein, 5g fat, 75 Cal
- Whole grain toast: 30g CHO, 6g protein, 0-1g fat, 6g fibre, 160 Cal
Food services and health education

- IC school cafeterias aim to provide a place for students to practice healthy eating habits, diet selection, and portion control.
- Coordinating the dining experience with health education allows students to apply critical thinking skills while choosing what to eat.
- Nutritious diets based on special needed restrictions or special health needs, may also be discussed.
- Another method of coordinating food services with health education is to educate students about healthy aspects of school meals.
- Providing healthy food or snacks to classrooms while giving nutrition education or invite students to attend nutrition education sessions in the cafeteria.
- Student awareness and involvement can help to support the development and enforcement of school policies that make healthy foods available, such as guidelines to Promote Lifelong Healthy Eating.
Foodborne Illness

- Food-borne illness is caused by a variety of infectious (viruses, bacteria, and parasites) and noninfectious agents.
- It starts after the consumption of contaminated foods or beverages.
- Symptoms typically begin several hours to several days after consumption, and treatment depends on the agent involved.
- Symptoms are: nausea, vomiting, diarrhea, fever, headache, fatigue, and abdominal pain.
School nurse role in healthy and safe food

The school nurse plays an important role in keeping students and staff healthy by implementing preventative measures such as:

- Acquire and maintain current knowledge of food-borne illnesses, reporting requirements, and health policies.
- Promote prevention measures such as hand washing.
- Observe the health of snack-bar staff on a daily basis and identify potential food-borne illness.
- Assessing students and staff presenting with gastrointestinal symptoms.
- Maintain records of student and staff complaining of gastrointestinal illness.
- Identify possible cases of food-borne illness and follow up with students, families, and staff as needed.
- Develop and implement health education topics.
- Develop and distribute clear guidelines for foodservice staff in the event of a suspected food-borne illness outbreak.
- Develop, implement, and evaluate school health policies and protocols for the in-school management and referral of students and staff who are suspected of having gastrointestinal illness.
- Promote prevention awareness and education for staff, students, and their families, and focus on safe food and hand washing behaviors.
- Serve as a food safety resource for school by providing food safety information, demonstrations, or workshops and promoting school’s food safety efforts and accomplishments.
Parents are urged to follow these simple but critical recommendations to ensure healthy and safe food for their children.

- Encourage hand washing. Let your children see you washing your hands properly before and after meals, before preparing food, and after using the bathroom and teach them to do the same. Proper hand washing means scrubbing for 15 seconds with soap, rinsing in warm water, and drying well.
- Properly prepare and pack your child’s food for school in order to prevent food-borne illness. We at IC will provide safe food handling recommendations to students, staff, families, and volunteers through the academic year.
- Watch for food illness symptoms such as diarrhea, fever, vomiting, abdominal pain and dehydration.
- Seek medical care when your child or adolescent has a gastrointestinal illness.
- Notify the school nurse of your child’s or adolescent’s gastrointestinal illness.
THANK You...