

Date of Revised Policy implementation: 06/12/2013

Static food: Food which is harmful for the mind and may or may not be good for the body is static. Onion, garlic, [\[AT1\]](#) mushrooms, meat, fish, eggs, wine, stale and rotten food etc., are static.

MENU

Menu display on the board: Our menus focus on a balance of whole grains, legumes and vegetables, with healthy morning and afternoon snacks. Weekly menu display is found at the message board for parents. We get plenty of donations from various sources. Thus, based on the donations, menus can be modified from the planned menu. The items we receive by donation may contain ingredients some children are allergic to. When this occurs, children with allergies may be given substitute foods if available. For example, if we receive a donation of nut-based, non-dairy ice cream, we will not serve that product in classrooms with children who are allergic to nuts. Instead, we will serve fruit or fruit popsicles in the affected classrooms while the rest of the classrooms will receive the donated ice cream.

GMO foods: GMO-based foods are strictly omitted from our diet. All the produce we grow in our garden is organic and Non-GMO.

GMO foods: are strictly banned on the school premises.

Confectionary: Confectionary items such as chocolate bars, chocolate-coated biscuits and sweets, as well as candies and other only-sugar sweets should not be available for lunch or snacks. However on special occasions, we do not mind offering such foods as long as they are vegan and healthy. For example, chocolate covered strawberries or chocolate vegan cupcakes may be offered on a birthday of a child by his/her parents.

Processed foods as snacks: We encourage our kitchen staff to serve the children healthy wholesome snacks made from scratch. From time to time we serve processed food or baked breads as the grain for snacks but that option is used under discretion. We insist upon having organic processed food whenever possible, noting that occasionally food received in donation is sometimes not organic but the ingredients are sentient and safe.

Food Allergies or Medical Needs

Given all the above, within our policy we recognize that for some students there are medical reasons why certain food items may not be tolerated. Therefore we make arrangements to substitute those items with food that is agreeable to the child's condition. **Foods such as peanuts, which have a high danger to cause an anaphylactic shock, are not permitted in our school.** The names of the children with food allergies are posted on the kitchen, classroom & office boards. All teachers and kitchen staff are informed about the children with food allergies before each school session begins. Common food alternatives are made available by the school and special items are provided by the parents. As it is impossible for us to restrict the diet for all students in an effort to accommodate one child, parents are strongly advised to refrain from sending any food to school with their child, unless approved in advance for the occasion of a birthday/other celebration as per the vegan-sentient guidelines and the allergy chart posted in their child's class.