



# D.A.V. PUBLIC SCHOOL, SECTOR 37, FARIDABAD

## **Subject : Safe and Nutritious Food Policy**

Dear Parent

We aim at the holistic development of the students. Health being the most significant part of a child's growth, the school has adopted a '**Safe and Nutritious Food Policy**'. As a part of this policy the school has banned aerated drinks and junk food in the school canteen.

Consumption of healthy food is essential as it helps in maintaining good health, supports growth, body building, increases immunity and prevents illness. It improves learning potential and overall performance.

Consumption of junk food and foods high in fat, salt and sugar (HFSS) has been found to be associated with many diseases, including Diabetes, Hypertension, and Cardio Vascular diseases later in life. These diseases and childhood obesity have been reportedly found to affect the cognitive and physical development of children.

The '**Safe and Nutritious Food Policy**' initiative also calls for the support of parents to make it a success. **We promote consumption of healthy home-cooked food in Lunch Boxes.** Here are a few basic health tips:

### **Do's**

- 1 **Do give home cooked and fresh food to the child in the lunch-box every day.** Include traditional foods like POHA, IDLY and UPMA.
- 2 **Do** include all types of vegetables in diet.
- 3 **Do** include fresh fruits like apple and grapes in diet every day. These contain healthy fibre.
- 4 **Do** encourage intake of plenty of water in the form of coconut water, lemon water.
- 5 **Do** wrap chapattis in clean hankies.

### **Don'ts**

- 1 **Do not** give packaged and processed foods to the child in the lunch-box. Discourage buying food from the school canteen.
- 2 **Do not** include sugary foods in regular diet. Cut down on sweets, snacks, toffees, candy and chocolates.
- 3 **Do not** use packed juices and aerated drinks as they have high sugar content and preservatives.
- 4 **Do not** give Hand Sanitizers to the children. Encourage the healthy habit of washing hands before meals.
- 5 **Do not** use aluminum foil to wrap food as it is hazardous.

**Let us all join hands together to make our children healthy and fit.**

I look forward to your co-operation.

DEEPTI JAGOTA  
Principal