NAME OF POLICY	SCHOOLTIFFIN POLICY
APPROVED BY	PRINCIPAL
APPROVED ON	APRIL 2026
NEXT REVIEW	APRIL 2027
RELATED POLICIES	School Nutrition Policy, No Junk Food Policy

Distribution list:

- Principal & Director
- VP's
- HM's
- Sr. Manager (Admin)
- Supervisors and Teachers
- Admin Staff
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- Parents

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INTRODUCTION

Delhi Private School Sharjah encourages to promote a culture of healthy eating in school as packed tiffin from home. It is an essential aspect of our school education to spread awareness to students and parents about the need of nutritious food in tiffin.

PURPOSE

1. The purpose of this policy is to promote healthy eating habits among students and to encourage parents to pack nutritious, balanced meals for their children.

2. The purpose is to reduce consumption of junk food and sugary snacks in tiffin which will help students to improve their concentration and energy levels during school hours.

3. The policy supports the overall physical and mental well-being of students. It ensures that students receive the necessary nutrients from food in tiffin for growth and development.

AIMS AND OBJECTIVES

1. The aim of "TIFFIN POLICY" is to promote healthy eating habits among students by setting guidelines for the types of foods that should be packed in student's tiffin.

2. This policy should be a key part of school's broader health and nutrition strategy, aimed at encouraging nutritious meals from home that aligns with school's efforts to improve healthy eating learning environment.

3. This policy seeks to create a school environment that supports healthy eating habits and lifestyle choices.

FOOD / TIFFIN GUIDELINES

1. Balanced Meals:

Tiffin boxes should include a balanced mix of carbohydrates, proteins, fruits, and vegetables.

Examples of appropriate meals include whole grain sandwiches with lean meats or legumes, salads, fruits, and dairy products like cheese or yogurt.

2. Prohibit High-Sugar and Processed Foods:

Items such as confectioneries, sugary beverages, and deep-fried snacks are restricted.

3. Prohibit Energy and Fizzy Drinks:

Energy drinks and fizzy drinks are not allowed in school.

4. Encourage Water Consumption:

All students are encouraged to bring plain water and avoid sweetened or flavoured drinks.

Students have access to safe drinking water throughout the day.

5. Food and nut allergy Awareness:

Tiffin boxes should not contain any food items if a child has an allergy to it.

School clinic to share the list of students with allergies to all teachers and staff to be vigilant.

6. Nutrition education and awareness

Regular awareness programs and educational materials are shared with parents and students about the importance of healthy eating and the role of balanced meals in supporting student performance and well-being.

TIFFIN TIPS FOR PARENTS

Parents are encouraged to use whole grains, fresh fruits, and vegetables, while avoiding junk food in their child's tiffin.

Key Food Groups to Include:

a. **Vegetables-** Leafy greens (spinach, kale), cruciferous vegetables (broccoli, cauliflower), root vegetables (carrots, sweet potatoes), and other colourful vegetables.

b. **Fruits-** Fresh, whole fruits like berries, apples, oranges, bananas, and melons. Limit fruit juices.

c. **Whole Grains**- Brown rice, oats, whole-wheat bread, quinoa, barley, and whole grain pasta.

d. **Protein**- Lean meats (chicken), fish (especially fatty fishlike salmon), eggs, legumes (beans, lentils), tofu, nuts, and seeds.

e. **Dairy or Alternatives**- Milk, yogurt, cheese, and fortified plant-based alternatives (almond milk, soy milk).

f. **Healthy Fats**- Avocados, olive oil, nuts (almonds, walnuts), seeds (chia, flax), and fatty fish.

MONITORINIG AND EVALUATION

Monitoring and evaluation of school nutritional programs also includes to monitor packed tiffin from home in schools to ensure students practice healthy eating habits as a part of their school day and parents to pack health food brought from home.

PROCEDURE

1. Data collection

Survey from feedback form by students and parents to provide feedback for packed tiffin which includes.

1. **Food items:** To ensure they meet nutritional standards (e.g., calories, vitamins, minerals, and macronutrients) of food items.

2. **Health Indicators**: Track student health data such as body mass index (BMI), physical fitness levels, or obesity, to observe if there are any correlations with changes in school nutrition.

2. **Regular Assessments by monitoring forms by school nutritionist**

1. **Tiffin Review in Class**: School Nutritionist regularly reviews students' tiffin's to assess nutritional balance, portion sizes, and quality, providing feedback to encourage healthier meal choices.

2. **Canteen Environment**: Evaluate the physical environment (Hygiene and safety) of the canteen and the availability of nutritious items in canteen

1. **Feedback from Stakeholders**

School Staff: Collaborate with Canteen staff, nutritionists, and teachers to monitor compliance with nutrition guidelines.

- **Parents:** Collect input from parents on how students' eating habits at home may be influenced by school programs.
- **Students**: Engage students in the assessment process, allowing them to give input on menu options and potential improvement.

2. **Internal Annual Audit**

By VP (holistic), Admin Manager, Task force.

To evaluate all aspects of school nutrition program. Analysis of feedback and monitoring

forms.

Evaluation

1. **Modification of packed tiffin**:

Advice new menus, improve canteen food offerings, or introduce new foods based on student preferences and nutritional needs.

2. **Update Tiffin policy**:

Review and revise school nutrition policies based on assessment results, ensuring continuous improvement

3. **Evaluate Long-Term Impact**

- **Health Outcomes**: Track long-term health changes such as reductions in childhood obesity, better academic performance, or improved physical fit- ness among students.
- **Behavioural Changes**: Evaluate whether students are adopting healthier eating habits both in school and outside of school overtime.

REVIEW

This policy will be reviewed periodically to ensure that students practice healthy eating habits as a part of their school day, including meals brought from home (Tiffin) and its effectiveness.