PORG International School

Food and Nutrition Policy

Prepared by:	Barbora Gazdova	Date: August 2024
Last update by:	Barbora Gazdova	Date: August 2026
Approved by:	Dagmar Dluhosova	

Purpose

This policy ensures that PORG International School's food and nutrition provisions align with healthy eating standards and comply with Czech Republic hygiene laws. We aim to promote healthy eating habits, support children's development, and maintain high food safety standards.

Principles

All food served meets the nutritional guidelines set by Czech hygiene regulations. A balanced, nutritious diet is essential for children's growth, learning, and overall health. Meals and snacks promote healthy eating habits and cater to dietary needs. Food preparation, storage, and handling comply with safety and hygiene regulations.

Meal and Snack Provision

Students, children and staff of PORG International School use the PORG Ostrava canteen, which operates its own kitchen facilities. The chef manager is responsible for planning and preparing the menu.

Meals are carefully planned to provide a balanced variety of essential nutrients, including proteins, carbohydrates, healthy fats, vitamins, and minerals. Processed foods and foods high in sugar are limited, while fresh fruits, vegetables, whole grains, and lean proteins are encouraged as part of a healthy and balanced diet.

Water is freely available throughout the day, and sugary drinks are restricted in order to promote healthy hydration habits. Special dietary requirements, including allergies, medical conditions, religious needs, and cultural preferences, are respected and accommodated whenever possible.

Food Hygiene and Safety

All food is prepared in accordance with the Czech Hygiene Act (Decree No. 137/2004 Coll. on hygiene requirements for catering services).
Staff involved in food preparation and handling receive appropriate food hygiene training.
Regular inspections and audits ensure compliance with health and safety standards.
Perishable foods are stored at appropriate temperatures and checked for freshness.

Promotion of Healthy Eating Habits

Healthy eating is incorporated into the curriculum to educate children about nutrition and balanced diets.
Mealtimes are structured to encourage social interaction and positive eating habits. Children are encouraged to try a variety of foods, but forced feeding is avoided. Children are not permitted to bring food or drinks from home unless prior arrangements have been made due to medical, dietary, or allergy requirements.

Parents are responsible for selecting and ordering meals for their children. Due to cultural differences and the diverse backgrounds of some children, it is important that parents explain to their children what they will be eating in order to help them feel comfortable and familiar with their meals.

Parents may choose from two options for the morning snack and three options for lunch each day. One option is provided for the afternoon snack.

Allergies and Special Dietary Needs

A record of children's dietary needs is maintained and regularly updated. Staff are trained to manage food allergies and prevent cross-contamination. Parents are consulted on alternative meal options when necessary.

Policy Review

This policy is reviewed annually or as required to ensure ongoing compliance with Czech food and hygiene laws and best practices.