



Group of School Education

Healthy Diet Protocols

SOP | No. 154 dated 14-08-2024

Dear Parents,

We are aware that our children spend a great deal of time away from home. He/she should have proper breakfast (a glass of milk and a small bite like biscuit, rusk etc.) in the morning **before coming to school**.

We also understand that every parent is worried about the nutrition of their children. So keeping in mind the health and nutritional needs of children, we have suggested (recommendatory in nature) the day wise menu for packed school Tiffin. We are sure that balanced Tiffin will surely add to the wellbeing & improved performance of your child.

Day	Suggested Menu
Monday	Multimix of cereals + pulses + protective foods: - Rajmah-rice/channa-rice/mixed veg-pulav-dal/veg biryani with green chutney or raita/puri-channa/stuffed parantha + one seasonal fruit or sweet.
Tuesday	parantha/chappati with seasonal veg/paushtik roti (in dough green veg + dal) with curd or green chutney/green puri (spinach or methi in dough) with potato or paneer subji + Any fruit or sweet.
Wednesday	Nutritious Snacks (Multimix): -mixed veg poha/mixed veg upma/mixed veg-paneer cheela/pan cakes/mixed veg vermicilli/stuffed idlis/dhokla/veg cutlets/pav bhaji/sandwiches/bread rolls/bread pakoras along with sprouts or boiled channa chat. + one fruit.
Thursday	parantha with green veg/ paushtik roti (in dough green veg+ dal) with curd or green chutney + one fruit.
Friday	stuffed parantha of any vegetable with green chutney / plain parantha with vegetable + one fruit.
Saturday	Own choice but nutritious meal.

Points to be kept in mind:

1. We should try to include food items mainly from three main food groups i.e. **Energy giving, body building and protective foods** to make it multimix.
2. Harmless junk food once in a while can be given to add variety and fun e.g. potato fingers, bhel, namkin etc.
3. Modern Indian parents have a wide variety to choose and can modify even a junk food to healthy food by making them a multimix.

Tips:-

1. Pack food in an attractive manner.
2. Do not overload the Tiffin.
3. Pack it nicely so that there is no leakage.
4. Pack one table napkin and paper napkin along with Tiffin.
5. Fruits should be preferred as compared to sweets because they provide natural sugars. Please note that chocolates and toffees are not permitted as sweets.
6. To ensure sufficient intake of water, children are suggested to bring their water bottles along with them.

Important to Note:

1. Tiffins must be carried by students while coming to school.
2. Once school schedule has begun, leaving of tiffins at school gates by parents | help | visitors will not be allowed due to following reasons:
 - A) Food safety
 - B) Inequity amongst students
 - C) Academic loss & disruption when tiffins are late
 - D) Unwarranted operational energy loss
3. Any parent has a special circumstances in this regard, may sent a written application to school citing the genuine reason.
