

Based on the provisions of the Law on Food ("Official Gazette of BiH", No. 50/04), Article 62, paragraph (3) of the Law on Primary Education ("Official Gazette of Canton Sarajevo", No. 23/17, 33/17, 30/19 and 34/20), Article 12 of the Rulebook on Nutrition of Students in Primary and Secondary Schools of Sarajevo Canton ("Official Gazette of Canton Sarajevo", No. 2/18), and at the proposal of the school principal, after consultation with the Teachers' Council, the School Board of Private Primary school "Bloom" Sarajevo during a session held on 19.02.2021. adopts

SCHOOL FOOD AND NUTRITION

REGULATIONS

I INTRODUCTION

Article 1

(Concept)

- (1) Many children consume at least half of their meals at school and that is why it's important that the food is good for their health. Good food means a wide variety of fresh foods from the main food groups – fruit, vegetables, grains, lean meats, fish, poultry. Each food group provides different nutrients. That is why we need to eat a range of foods from across all the food groups.
- (2) Fruit and vegetables help protect the child's body against all kinds of diseases because fruit and vegetables provide energy, vitamins, antioxidants, fibre and water.
- (3) Starchy foods and grains give the child the energy it needs to grow, develop and learn. These foods include bread, rice, pasta and noodles. POŠ "Bloom" always uses the wholegrain variety, for longer lasting energy.
- (4) Lean meat, fish, chicken and meat alternatives such as eggs, beans (legumes) cheese and nuts give your child iron, zinc, vitamin B12, omega 3 fatty acids, and protein for growth and muscle development.
- (5) Iron and omega-3 fatty acids are particularly important for the child's brain development and learning.
- (6) Water is the best drink for a child, while sweet drinks – which include fruit juice, cordials, sports drinks, flavoured waters, soft drinks and flavoured milks – can fill the child up with sugar. This might mean that the child won't want to eat meals and drinking sweet drinks can also contribute to weight gain and obesity and tooth decay. If children start on these drinks when they are young, it can kick off a lifelong habit. POŠ "Bloom" supports avoiding all sugary drinks!
- (7) By eating a range of different healthy foods, a child can get the best possible nutrition for growth, development and learning. When children learn about and eat good food from an early age, they can develop healthy habits for life.

Imagin the Possibilities

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(8) Being overweight or obese puts a significant strain on human bodies and leads to many health problems in children and adults, such as muscle and bone complaints, cardiovascular disease, some types of cancer, sleep disorders, Type 2 diabetes and high blood pressure. Many of these health problems are preventable by leading a healthy lifestyle. Once a child is overweight or obese, it is unlikely that he or she will return to a healthy weight without some deliberate, remedial action. If overweight or obese children do not attain a healthy weight, they are more likely to develop weight-related health problems when they become older. Obese children and adolescents suffer from an increased range of medical conditions. For example, the rate of Type 2 diabetes is increasing in children and adolescents. Other problems include sleep disturbances, heat intolerance, breathlessness when active, tiredness and flat feet. The current estimates are that 1 in 3 children born after the year 2000 will develop diabetes in their lifetime if we do not change common eating habits and activity patterns. Action must be taken to improve the lives of our kids. That's why it's so important to bring healthy foods back into our schools and POŠ "Bloom" has done this since the very beginning.

(9) The food movement is at crossroads, and each of us in charge of the direction it takes. We, at POŠ "Bloom", are fighting to take the food movement towards a system that is conscious and respectful of the health of the environment, the quality of the food, the safety of our growers, and the future of consumers, especially our children. Bosnia and Herzegovina is a largely agricultural country and we are very lucky to be able to provide our children at POŠ "Bloom" with locally and organically produced food.

(10) This results in a WIN-WIN-WIN scenario of Healthy Children, Healthy Food, and a Healthy Planet.

II GENERAL PROVISIONS

Article 2

(Subject)

"SCHOOL FOOD AND NUTRITION REGULATIONS" (hereinafter: the Regulations) regulate the creation of school meals, the monitoring of their preparation, normative recommendations, the qualities that must be met by meals and snacks, and how students and parents are introduced to these regulations at Private Primary School "Bloom" Sarajevo (hereinafter: POŠ "Bloom").

Article 3

(Application of the Regulations and legal basis for adoption)

These Regulations are applied at POŠ "Bloom", and are adopted on the basis of the Law on Food ("Official Gazette of BiH", No. 50/04), Article 62, paragraph (3), of the Law on Primary Education

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("Official Gazette of the Canton Sarajevo ", No. 23/17, 33/17, 30/19 and 34/20) and on Article 12 of the Rulebook on nutrition of students in primary and secondary schools in Sarajevo Canton ("Official Gazette of Sarajevo Canton", No. 2/18)

Article 4 **(Objectives)**

The underlying objective of School Food and Nutrition Regulations is to ensure that messages promoted throughout the school system are coherent, consistent and mutually reinforcing.

Schools need to teach healthy living and assist students in implementing their knowledge by creating an environment where healthy choices are feasible.

Health promotion in schools is not static but process driven and requires commitment and continuous adaptation through monitoring and evaluation.

Other important objectives of these Regulations are:

- a) Contribute to improving the diet of school-age children at POŠ "Bloom" because a healthy diet can enhance educational outcomes;
- b) Regulate the provision of quality meals and snacks that are high in nutritional value;
- c) Promote healthy food choices and quality nutrition;
- d) Promote a healthy and positive relation with food and eating, that includes the refinement of the senses through pleasure and experimentation;
- e) Contribute to the practise of healthy eating behaviours and experimentation with new foods, in order to prevent diseases caused by improper diet and limited sensory experience;
- f) Monitor the offer of quality and healthy food and drinks at POŠ "Bloom";
- g) Provide meals and snacks to students who require a special type of diet for health reasons in accordance with their health needs;
- h) Educate students, teachers, parents and the staff who prepares the food on healthy food and nutrition as an act of Child protection.

III ORGANIZATION OF NUTRITION, NORMATIVE RECOMMENDATIONS AND CONDITIONS TO BE MET BY THE STUDENT MEAL

Article 5 **(Nutrition policy)**

- 1) POŠ "Bloom" prepares a weekly menu for students consisting each day of a morning snack, lunch and afternoon snack. All meals are created in accordance with WHO guidelines for healthy

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eating, which help to acquaint students with the benefits of healthy eating. In addition, in the process of creating a "healthy eating plate"¹, POŠ "Bloom" follows important parameters recommended by Harvard Medical School, Harvard Health Publications (www.hsph.harvard.edu/nutritionsource). These recommendations are an integral part of these Regulations.

2) Parents should be aware that the day starts with breakfast at home and that a morning snack at school cannot replace it. The well-known vicious circle: less nutritious breakfast - nutritious snack - less nutritious lunch - nutritious snack - less nutritious dinner should definitely be avoided.

3) We ask parents to keep in mind that, no matter how much a student eats during the day, he will still come home hungry because the day is long and the students are active all day.

4) The menu is posted daily on the Transparent Classroom platform, and parents are invited to check it regularly in order to customize breakfast and dinner at home.

5) In case of allergies or other problem related to meals, parents are obliged to inform POŠ "Bloom". The menu can be adapted to a child's needs and a reasonable solution will be proposed after discussing the child's personal situation with its parents.

6) Food and drinks are not allowed into the school premises, unless purchased by the school.

7) The cost of the food programme is included in the annual tuition.

Article 6

(Normative recommendations)

1) Whilst organizing meals at POŠ "Bloom", the following items must be considered: official nutrition norms for school children, the manner of keeping records on the application of these nutrition norms, the content of forms for the records, the types and net quantities of food consumed by meal, the types and net quantities of food consumed each day, each week and each month.

2) The following normative tables are an integral part of these Regulations:

a) **(Table 1 of the Regulations)**^{2,3,4}- Recommended daily intake of energy and nutrients for students by age and sex for diet planning;

¹ „Healthy eating plate“ is an integral part of these Regulations..

² Prilagođeno prema WHO (2006). Food and nutrition policy for schools. A tool for the development of school nutrition programmes in the European Region. Copenhagen, World Health Organization Regional Office for Europe.

³ Prilagođeno prema German nutrition society (DGE), Austrian nutrition society (ÖGE), Swiss society for nutrition research (SGE), Swiss nutrition association (SVE) Reference values for nutrient intake. 1st edition in German – Frankfurt/Main: Umschau/Braus, 2000.

⁴ Dietary Reference intakes for Water, potassium sodium chloride and sulfate. Food and Nutrition board, institute of medicine, National Academies, 2005.

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	ENERGY AND NUTRIENTS	Age 7 – 9	Age 10 – 13	Age 14 – 18
1.	Energy (kcal / day)	1740 Ž	1845 Ž	2110 Ž
		1970 M	2220 M	2755 M
	Energy (kJ / day)	7280 Ž	7719 Ž	8828 Ž
		8242 M	9288 M	11527 M
2.	Protein (% energy / day)	10 – 15	10 – 15	10 – 15
	Protein (g / day)	43,5-65,3 Ž 49,3-73,9 M	46,1-69,2 Ž 55,5-83,3 M	52,8-79,1 Ž 68,9-103,3 M
3.	Fat (% energy / day)	30 – 35	30 – 35	25 – 30
	Fat (g / day)	58,0-67,7 Ž 65,7-76,6 M	61,5-71,8 Ž 74,0-86,3 M	70,3 Ž 91,8 M
4.	Saturated fats (% energy / day)	10	10	10
	Saturated fats (g / day)	19,3 Ž 21,9 M	20,5 Ž 24,7 M	23,4 Ž 30,6 M
5.	Carbohydrates (% energy / day)	>50	>50	>50
	Carbohydrates (g / day)	>217,5 Ž >246,3 M	>230,6 Ž >277,5 M	>263,8 Ž >344,4 M
6.	Simple sugars (% energy / day)	<10	<10	<10

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7.	Simple sugars (g / day)	<43,5 Ž	<46,1 Ž	<52,8 Ž
		<49,3 M	<55,5 M	<68,9 M
	Fiber (2.4 g / MJ or 10 g / 1000 kcal)	>10	>10	>10
	Fiber (g / day)	>17,4 Ž	>18,5 Ž	>21,1 Ž
		>19,7 M	>22,2 M	>27,6 M

a1.) Table 1 refers to normally fed and moderately physically active students;

a2.) the protein values in Table 1 may not exceed 20% of energy per day; of the total daily amount of protein intake at least 50% of complete;

a3.) simple sugars in Table 1 are sugars added to food and beverages, not derived from milk and dairy products

b) (Table 2 of the Regulations) - Recommended types of food and meals per meal at school;

MEAL	% DAILY NEEDS	RECOMMENDED TYPES OF FOOD AND MEALS FOR INDIVIDUAL MEALS
Breakfast	20%	Cow, goat and sheep cheese, butter, eggs, wholegrain breads, grains, fish, meat, nuts and seeds, sugar free jams, freshly prepared spreads made with beans, lentils, meat or fish, vegetables, seasonal fruit and smoothies, coconut butter and milk.
Snack	15%	
Lunch	35%	Stews or soups made with vegetables, legumes, meat or fish served with wholegrain bread, baked dishes such as moussaka (vegetarian or with meat), served with fresh salads or fermented vegetables, with seeds and nuts, and extra virgin olive or sesame oil.
Snack	10%	Smoothie made with fresh seasonal fruit (frozen variety in the winter), cinnamon and cereal milk, wholegrain cakes made with dark chocolate and seed butters, wholegrain bread with butter and jam, and seeds, wholegrain bread with vegetable spread and seeds, Fresh fruit with nuts and seeds, popcorn dressed with olive oil and sea salt.

c) (Table 3 of the Regulations) - Recommended frequency of certain food categories in the planning of daily and weekly menus for students

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FOOD CATEGORY	FREQUENCY OF CONSUMPTION
Milk and grain milk products	Up to five times per week.
Meat, poultry, eggs, legumes, nuts and seeds in minced form	Every day, making sure poultry is free from hormones and antibiotics.
Fish	Up to 4 times a week.
Grains and potatoes	Every day.
Fruits	Every day.
Vegetables	Every day.
Foods high in fat, sugar and salt	Up to twice a month.
Water	Every

d) (Table 4 of the Regulations) - Recommended types of food and meals in the planning of daily and weekly menus for students;

FOOD CATEGORY	RECOMMENDED TYPES OF FOOD AND DISHES
1. Milk and milk products	
Milk and fermented milk drinks	Milk and fermented milk products, not less than 2.5% m.m. full fat variety is best. Avoid sweetened dairy drinks.
Cheese	All types of cheese, hard and semi-hard, important to use variety of cow, goat and sheep.
2. Meat, meat products, fish, eggs	
Meat	More often poultry meat (turkey, chicken-free range) and veal and lamb, and less often red meat (recommended: lean beef).
Meat products	Slices in which the structure of the meat is visible (sliced turkey or chicken breast, ham, etc.)

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Fish	Boneless filleted fish, sardines and Mackerel. Canned fish (sardines, tuna, etc.) can be used to prepare fish pate.
Eggs	Exclusively chicken thermally well-processed eggs (hard-boiled, eggs in folds, etc.).
3. Legumes and nuts	
Legumes	Beans, lentils, chickpeas, etc. Freshly prepared legume spreads, legume stews, thick soups, stews, etc.
Nuts and seeds	Nuts (walnuts, hazelnuts, almonds, etc.), seeds (pumpkin, sesame, flax, sunflower, poppy, etc.) as a food supplement.
4. Cereals, cereal products and potatoes	
Cereals and cereal products	Bread, pastries, pasta and other products, advantage of whole grains with no added sugar. (eg barley, oats and millet porridge, rice, buckwheat, cereals, muesli, ie a mixture of flaked grains, seeds nuts and dried fruit without added sugar or salt).
Potato	As a side dish - boiled potatoes, baked in a little fat, mashed potatoes or an integral part of the stew. Avoid potatoes fried in deep oil.
5. Fruits	
Fruits	All kinds of fresh / seasonal and dried fruits. Preference should be given to fresh, seasonal and local fruit.
6. Vegetables	
Vegetables	All kinds of fresh / seasonal. In case of Insufficient supply of fresh seasonal vegetables, use deep-frozen vegetables and heat-treated vegetables.
7. Fat and foods high in fat	
Butter and margarine	Butter and coconut butter.
Oils	Cold pressed olive oil and sesame oil

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	Cream	Full fat dairy or vegetarian variety as well – oat or rice.
8.	Cakes, compotes, marmalades / jams, honey, ice cream and other sweets	
	Cakes	Cakes prepared in the school kitchen with smaller amounts of sugar or honey and fat.
	Compotes	Fresh fruit compotes with honey. In case of poor supply of fresh fruit use frozen fruit.
	Marmalades, jams, honey	Preference is given to jams and marmalades without sugar, and without the addition of artificial sweeteners. All kinds of honey.
	Pudding	Prepare grain milk puddings, and give preference to puddings prepared with a small amount of sugar. Puddings can be prepared with the addition of fresh and dried fruits, nuts and seeds.
	Ice cream	Milk ice cream or dairy free version.
9.	Spices	
	Salt	Sea salt, spicy salt.
	Vinegar	Apple cider or wine vinegar, and lemon juice.
	Herbs	Parsley, celery, chives, basil, oregano, marjoram, fennel, cumin, rosemary, bay leaf, cinnamon, etc.
10.	Water and water-based beverages	
	Water	Drinking still water if desired.
	Tea	Freshly brewed herbal tea (eg rosehip, chamomile, mint) or fruit tea with the addition of lemon juice, as a hot or cold beverage. For sweetening (not recommended) give preference to honey.

e) (Table 5 of the Regulations) - Foods that should be rarely consumed or avoided

FOOD CATEGORY	EXPLANATION
Bakery and confectionery products, industrial desserts	As a rule, they contain a high proportion of fat and sugar, which is why it is recommended that in the case of their inclusion in the menu use only such products that contain less sugar and fat and are made

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	on the basis of milk (yogurt), whole grains, with added fruit, seeds, nuts, etc., which significantly increases their nutritional density.
Carbonated or non-carbonated sweetened drinks	They are produced on the basis of artificial colours and fruit flavours, and added sugar or artificial sweeteners. We recommend avoiding caffeinated beverages altogether.
Meat, cream / chocolate spreads, hard margarines	They contain a high proportion of fats and / or unwanted trans fatty acids, which is why their use is not recommended. Moderate use of milk spreads, bean-based spreads, milk margarines or sour cream is more appropriate.
High fat foods and foods containing predominantly saturated and trans fatty acids	Preparing meals with the use of fat increases the proportion of fat in the whole day's diet, which is why we recommend moderate use of fat. Replace animal fats to a greater extent with quality vegetable oils. With classic fried dishes, if they are put on the menu, pay attention to the use of oil able to sustain high temperatures or hard fat like butter or lard for frying food and the temperature of the oil during preparation.
Meat products	Products in which the structure is homogeneous due to grinding (pate, hot dogs, meat slices, etc.).
Instant soups and soup concentrates, and similar concentrated products	High content of salts and additives.

Article 7

(Qualities that must be met by a meal and snack)

Meals and snacks at POŠ must meet the following qualities:

- nutritionally adjusted to the psycho-physical needs and age of students, in accordance with the normative tables from the previous article;
- acceptable organoleptic properties (taste, smell, colour...);
- time and temperature of baking, frying, and cooking is optimised in order to preserve nutritional properties;
- Food is diverse and respects the normative tables from the previous article;

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EDUCATING FOR WHOLENESS

e) meet all quality requirements prescribed by the Law on Food;

f) reasonable relationship between quality and price;

g) The Food programme at POŠ "Bloom" is the result of a consensus that satisfies the majority of parents and students and is realistic considering the diversity of the food culture and habits that exist within families that are part of the school community.

Article 8

(Right of access to the kitchen)

- 1) Aside from the employees who work in the kitchen, access to the kitchen is restricted to:
 - a) authorized staff at POŠ "Bloom";
 - b) sanitary inspectors when performing work control;
 - c) employees of the Institute of Public Health;
 - d) other persons in possession of a previously signed statement.
- 2) The director is responsible for the access of unauthorized persons to the school kitchen.

Article 9

(Educational activities that promote healthy eating)

- 1) POŠ "Bloom" plans educational activities on nutrition as well as activities that will encourage a culture of healthy eating and nutrition in the Annual Work Program of the school, which is adopted at the beginning of each school year. POŠ "Bloom" also monitors compliance with these provisions during the school year.
- 2) POŠ "Bloom" offers professional development to teaching staff on principles of proper nutrition, in accordance with the possibilities available.
- 3) Proper eating habits are encouraged in students through regular and planned activities.
- 4) Parents are introduced to Bloom's Food and nutrition programme at tasting events organised by POŠ "Bloom".
- 5) In order to ensure the quality of knowledge and adequacy of training, with regards to healthy and proper nutrition, ie, courses and lectures, workshops and creation of educational materials etc., the school must work in close collaboration with, in order of priority:
 - a) A University graduate in nutrition;
 - b) A Doctor in Nutrition;
 - c) A Master in Nutrition.

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Article 10

(Nutrition of students with health problems)

- 1) POŠ "Bloom", where and to the extent possible, will provide adapted meals for students with health problems.
- 2) Special forms of nutrition / diet refer to:
 - a) intolerance to certain foods and allergies (to milk, eggs, etc.) to the list of permitted foods and foods to be avoided in accordance with existing scientific recommendations;
 - b) celiac disease, with a list of foods to be avoided and replaced by appropriate gluten-free products and with specific instructions on the preparation and cooking of these foods;
 - c) certain other health conditions that require a special diet such as obesity, diabetes, chronic kidney disease, dyslipidaemia, metabolic syndrome, etc.
- 3) Parents are obliged to submit detailed medical documentation to POŠ "Bloom" on the medical condition of the child that requires a special diet, issued by a competent doctor. The medical condition should be considered upon application and if the child is accepted, school staff must ensure the child's privacy is protected and POŠ "Bloom" is equipped (understanding of the medical condition etc.) to meet the specific needs of the child.
- 4) A nutritionist, or the doctor that is treating the child should be involved, with the school nutritionist in preparing the special menu for this child.

Article 11

(Introducing these Regulations to the school community (parents/legal guardians, teachers and students))

- 1) POŠ "Bloom" introduces the food and nutrition regulations to the school community through workshops and food tasting events.
- 2) POŠ "Bloom" records each child's daily food intake through the Transparent Classroom application.
- 3) At the beginning of each season, POŠ "Bloom" adopts menu and presents it to the parents/legal guardians through the Transparent Classroom application.

IV MEAL QUALITY CONTROL AND AUTHORIZED OFFICIAL SUPERVISION

Article 12

(Professional monitoring)

- 1) Quality of meals distributed at POŠ "Bloom" is monitored by the authorized health institutions of Sarajevo Canton, in accordance with official regulations.

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2) The control and professional monitoring of the application of these Regulations and guidelines for food and nutrition, is performed in accordance with the Rulebook on the nutrition of students in primary and secondary schools of Sarajevo Canton ("Official Gazette of Sarajevo Canton", No. 2/18), and initiated by the Ministry of education, science and youth.

Article 13

(Official supervision)

1) The activity of the sanitary inspection and the Institute of Public Health in the field of nutrition includes:

- a) supervision of sanitary and hygienic conditions of premises, equipment and employees and supervision of protection against infectious diseases;
- b) supervision and control of compliance with applicable legal regulations;
- c) controls (audits) based on risk assessment criteria, which take into account several elements such as: characteristics of the production entity, product characteristics and production hygiene;
- d) education of workers on hygiene and hygienic approach to managing the kitchen and food preparation process,
- e) system of self-control (complete establishment, degree of application and suitability, records, previous non-compliances), etc.;
- f) ensure the implementation of disinsection, disinfection and deratization as general measures on surfaces, and in premises,
- g) assess the energy and nutritional values of meals;
- h) offer education and advice on nutrition and food

V TRANSITIONAL AND FINAL PROVISIONS

Article 14

(Amendments)

- 1) Amendments to these Regulations shall be made in the manner and according to the procedure of their adoption.
- 2) These regulations, after consideration by the Teachers' Council, are adopted by the School Board.

Imagine the Possibilities

PRIVATNA OSNOVNA ŠKOLA "BLOOM"

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MBS: 65-06-283-09 • ID: 4201511610001 • TRANSAKCIJSKI RAČUN KOD PBS D. : 1010000071143718

Article 15

(Date of effect)

These regulations take effect on the day of final adoption by the School Board and will be posted on the bulletin board at POŠ "Bloom".

No: 61-2/21

Date: February 19, 2021

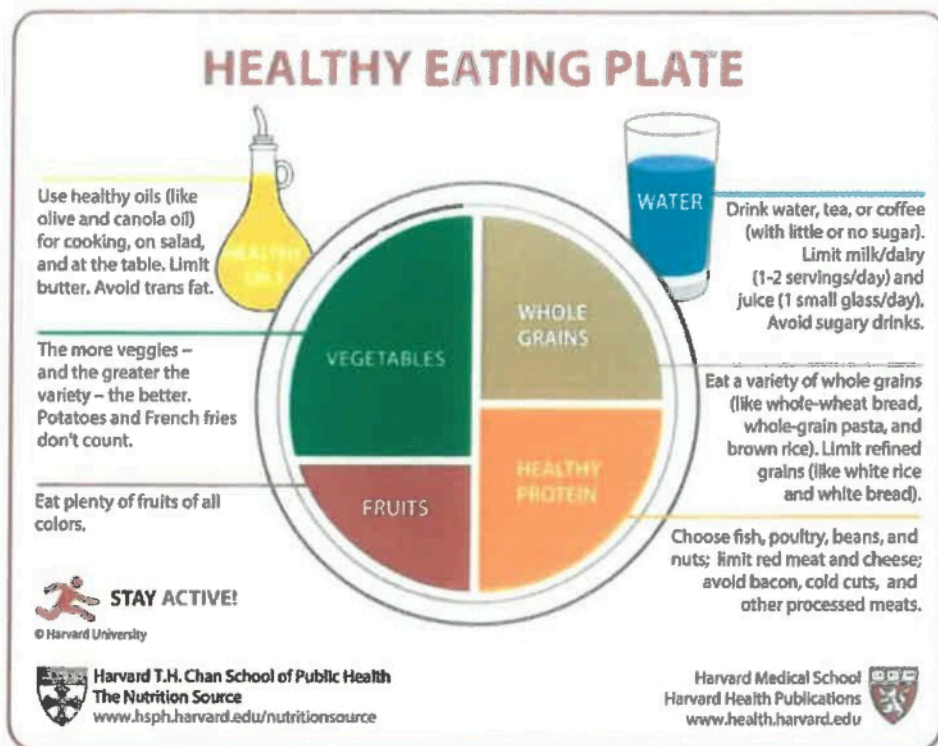



Elvisa Birparić, president of the Board

Imagining Possibilities

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MBS: 65-05-263-09 • ID: 470151610031 • TRANSAKCIJSKI RAČUN KOD PBS D.D.: 101000071143718



- **Make most of your meal vegetables and fruits – ½ of your plate:**

Aim for color and variety, and remember that potatoes don't count as vegetables on the Healthy Eating Plate because of their negative impact on blood sugar.

- **Go for whole grains – ¼ of your plate:**

Whole and intact grains—whole wheat, barley, wheat berries, quinoa, oats, brown rice, and foods made with them, such as whole wheat pasta—have a milder effect on blood sugar and insulin than white bread, white rice, and other refined grains.

- **Protein power – ¼ of your plate:**

Fish, poultry, beans, and nuts are all healthy, versatile protein sources—they can be mixed into salads, and pair well with vegetables on a plate. Limit red meat, and avoid processed meats such as bacon and sausage.

- **Healthy plant oils – in moderation:**

Choose healthy vegetable oils like olive, canola, soy, corn, sunflower, peanut, and others, and avoid partially hydrogenated oils, which contain unhealthy trans fats. Remember that low-fat does not mean “healthy.”

- **Drink water, coffee, or tea:**

Skip sugary drinks, limit milk and dairy products to one to two servings per day, and limit juice to a small glass per day.

- **Stay active:**

The red figure running across the Healthy Eating Plate's placemat is a reminder that staying active is also important in weight control.

The main message of the Healthy Eating Plate is to focus on diet quality.

- The type of carbohydrate in the diet is more important than the amount of carbohydrate in the diet, because some sources of carbohydrate—like vegetables (other than potatoes), fruits, whole grains, and beans—are healthier than others.
- The Healthy Eating Plate also advises consumers to avoid sugary beverages, a major source of calories—usually with little nutritional value.