

The Guba Farm Playschool nurtures children to become thoughtful, informed adults that understand the power of their food choices on the environment, their health & the economic system around them. The playschool therefore promotes & models environmentally sustainable, healthy eating & good nutrition programmes & activities relating to or involving food & drink.

To promote an optimal learning environment, the Guba Farm Playschool is committed to providing healthy, nutritional food for our children. According to WHO Global Database on Child Growth & Malnutrition, in Swaziland 29% of children under the age of five are stunted, 5% are underweight, and 3% are wasted due to malnutrition.

A group of leading economists, the Copenhagen Consensus,^{*} has consistently confirmed that taking action on undernutrition is the single most important, cost-effective means of advancing human well-being. Proper nutrition is a powerful good: people who are well nourished are more likely to be healthy, productive & able to learn. Good nutrition helps give every child the best start in life & benefits families, their communities & the world as a whole.

For these reasons, a healthy snack will be provided during morning break time & a hearty lunch will be provided for all children at lunchtime. Parents are expected to provide a wholesome breakfast for their children so that they are best positioned to start the day alert & able.

This Food Policy reflects the environmental & social values of the Guba community.

School food facilities are required to implement the food policy:

1. Objectives

1.1. Any activities & programs within the school setting relating to or involving food & drink must promote environmentally sustainable food, healthy eating, good nutrition & food hygiene to students, parents & the wider community.

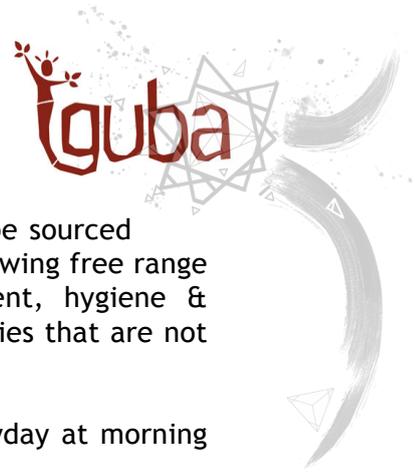
1.2. Implementation of the “Guba Farm Playschool Menu Planning Guide” is required for all food facilities, class birthdays, celebrations, functions & events of the school.

1.3. Implementation of the “Guba Farm Playschool Food Hygiene Policy” is mandatory for all food facilities of the school.

1.4. Teaching of environmentally sustainable food, healthy eating & nutrition education is part of the schools curriculum.

1.5. To the degree possible, fresh fruit & vegetables will come from the Guba Farm Playschools own organic permaculture garden. Where this is not possible, produce will come from organic sources of farms or suppliers that Guba have verified as following organic procedures.

^{*} [Copenhagen Consensus](http://www.copenhagenconsensus.com/) <http://www.copenhagenconsensus.com/>



1.6. Meals will be largely vegetarian but when served, meat will be sourced from local organic free range farms that Guba have verified as following free range organic procedures & with a high standard in animal treatment, hygiene & slaughter. Fish will be sourced as locally as possible & only of species that are not threatened in any way.

1.7. Smoothies, juices & other healthy snacks will be served everyday at morning break time.

1.8. Meals suitable for small children are available each day.

1.9. Student snacks, lunch boxes & other food brought from home to school are required to not include soft drinks & candy bars. Parents are requested to please avoid packaged foods & to do their best to follow the “Guba Farm Playschool Menu Planning Guide”.

1.10. Aluminium cooking equipment is prohibited.

1.11. Sustainable sweeteners are to be used minimally. The maximum amount of sustainable sweetener to be added to juices, smoothies & blends is 1 tablespoon per 500ml glass. It is recommended that drink menu plan avoids sweeteners in drinks where possible.

1.12. Drinking water & water for the making of ice must only come from the Guba Farm Playschools borehole or the filtered water of Guba’s water harvesting system.

1.13. The food policy & its supporting documents are available on the Guba Farm Playschool website.

2. Food Policy Menu Planner Guide (Ingredients List)

2.1. Not served at school or at school events:

- MSG
- Sugar syrup
- Corn syrup - Fake honey
- Processed prepared packaged foods (eg. hot dogs etc)
- Palm oil, corn oil
- Soft drink sodas (e.g. Coca Cola, Fanta etc.)
- Cotton candy
- Deep fried foods
- GMO foods (where possible as labeling of GMO foods is currently not mandatory)
- Refined pasta
- Where possible, non-organic fruit & vegetables, grain, legumes, nuts & seeds
- Where possible, non-organic animals & eggs
- Where possible, non-organic dairy

2.2. Use Moderately (free range organic/sustainably sourced)



- Meats & fish
- Eggs
- White rice
- Tofu
- Dairy products
- Cold pressed coconut oil & olive oil

2.3. Fill the Menu (organic/sustainably sourced where possible)

- Fresh whole fruit
- Fresh whole vegetables
- Organic brown/red rice
- Whole grains
- Legumes
- Lentils
- Nuts
- Seeds
- Sprouts
- Whole grain flours
- Dried fruit
- Coconut
- Nut milks
- Raw honey
- Sustainable whole food sweeteners (eg. raw cane sugar)
- Tamarind
- Miso

3. Food Policy Menu Examples

3.3. Examples

- Baked patties recipes (eg falafel, veggie patties etc)
- Hummus with vegetables sticks
- Fruit salads
- Baked samosa & spring rolls
- Sushi Rolls
- Vegetable sausage rolls
- Cakes & muffins (low in sugar & oil)
- Organic popcorn (mixed with something nutritious) snack-
- Gluten free pizzas with tomato sauce & camouflaged veggies
- Lentil & vegetable pasties
- Burritos with kidney beans

3.4. Lunch Examples

- Steamed vegetables (for young children)
- Stir-fry's
- Casseroles (dals, mild curries, stews etc)



- Baked meals (lasagne, jacket potatoes etc)
- Burgers

4. Food Policy Cooking Methods

- Stir frying
- Sautéing
- Pan frying
- Baking
- Roasting
- Braising
- Boiling
- Steaming
- Grilling/broiling
- Poaching
- Barbecuing
- Dehydrating

5. Thinking Behind This Policy

5.1. A Values Driven Approach to Eating

The Guba Farm Playschool strives to empower & inspire students to be creative, innovative, green leaders. The Playschool aims to become a role model for sustainable food policy in schools. Our food choices, that we have an opportunity to make every single day, have a tremendous impact on the environment. The Guba Farm Playschool Food Policy is in place to ensure that the food offering at the school reflects those values. Therefore we serve whole foods that are organic & non-GMO (where possible), local, sustainable & ethically sourced with a strong focus on plant-based meals.

5.2. Meat

Commercial meat production has one of the most negative environmental impacts of any industry on earth, accounting for 18% of global greenhouse emissions, deforestation for grazing land, industrial pollution, & water table depletion. Meat production requires more than ten times the arable land to produce the same amount of calories as growing grains.

Commercial meat production utilises a high quantity of growth hormones (to speed animal growth) & antibiotics, which have adverse impacts on the animal, & potentially the consumer.

The UN Intergovernmental Panel on Climate Change identifies meat production as one of the leading causes of climate change, & advocates for Meatless Days globally.

Therefore the Guba Farm Playschool minimises the amount of animals served & only uses free-range organic sources.



5.3. Processed & Refined Foods

Processed foods typically come with a high environmental cost, from the energy required for the processing, transport & packaging. Additionally, processing food almost universally comes with a denudation of its nutritional content, & often includes use of chemical food additives & colourings. For these reasons, Guba Farm Playschool builds its diet around a basis of whole, natural foods.

5.4. Sweeteners

Excessively sweet snacks & drinks have been shown to contribute to behavioral issues & reduced concentration for learning activities. For this reason, Guba Farm Playschool uses the least refined natural sweeteners that are high glycemic index (GI) & from sustainable sources such as raw honey & raw brown cane sugar or fresh cane juice.

5.5. Oils

Oils are used moderately because of their high calories & low nutrient density.

5.6. Whole Plant Based Foods

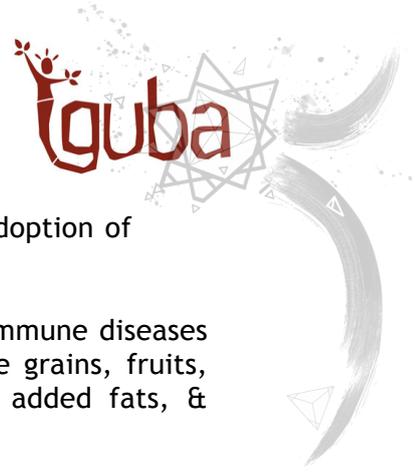
Research supports eating a variety of whole plant-based foods to promote health because they are nutrient-dense foods. Most plant-based foods are naturally low in calories & fat, but have high amounts of antioxidants & other healthful phytochemicals. The Dietary Guidelines for Americans encourages increased consumption of plants – whole grains, fruits, vegetables, legumes, nuts, & seeds – & reduced consumption of solid & added fats, added sugars, added salts & refined grains. Weight gain is generally correlated with high daily calorie intake, & eating a small amount of nutrient-dense foods full of dietary fiber & complex carbohydrates.

Fruits, vegetables, legumes, & whole-grain foods typically provide a feeling of fullness with fewer calories, compared to other types of foods. Putting more of these kinds of plants on the plate makes it easier to manage appetite & maintain healthy body weight.

Only plant foods contain fiber. Dietary fiber is a complex form of carbohydrate. Several decades of studies have confirmed the health benefits of eating a fiber-rich diet.

Specifically, diets rich in foods containing fibre – such as fruits, vegetables, & whole grains – may reduce the risk of coronary heart disease & improve regularity. A healthy elimination system allows bodies to get rid of toxins. Beans & legumes contain more dietary fiber than almost any other food, so they are an integral & versatile part of a balanced diet. The dietary fiber in legumes is both soluble, which is especially useful in helping control cholesterol levels to lower heart disease risk, & insoluble, which improves regularity. Beans are also filling, so they help promote weight management by satisfying hunger.

Consuming a diet featuring more plants is good for your health. Complex carbohydrates are easy to digest, & the antioxidants in plants help strengthen your



body's immune system. Dramatic results have occurred with the adoption of a more plant-based diet.

Many people with heart disease, diabetes, cancer, & various autoimmune diseases have been able to alleviate their symptoms by eating more whole grains, fruits, vegetables, legumes, nuts & seeds, & consuming fewer solid & added fats, & sugars, added salts & refined grains.

6. To Be Read In Conjunction With This Policy

6.1. Guba Farm Playschool Food Hygiene Policy & Procedure

6.2. Guba Farm Playschool Purchasing Policy & Procedures (to be created)

7. Responsibilities, Delegations, Monitoring, Evaluation & Reporting

7.1. The Guba Farm Playschool Cook is responsible for ensuring the food policy & relevant procedures are met.

7.2. The Guba Farm Playschool Cook is responsible for the implementation of the food policy.

7.3. Guba Farm Playschool Directors & Cook will ensure the food policy is reviewed each year through use of the Food Policy Assessment Tool & Action Planner (to be created).

8. Contact

Inquiries can be directed to Emma Granville at info@gubaswaziland.org.