



DELHI PUBLIC SCHOOL

Sector 102A & 103, Dwarka Expressway, Gurugram

Session: 2026-27

FOOD AND NUTRITION POLICY

Meal times at DPS, Dwarka Expressway are happy times where students and teachers sit together and eat. It is a good opportunity for bonding and fosters greater camaraderie between students. The children are also taught dining room etiquette and table manners. Not only this, school lunch is critical to student's health and well-being and we ensure that students have proper nutrition required throughout the day to learn and grow.

OUR OBJECTIVE BEHIND THE MEAL FACILITY

- a. Provision of balanced food
- b. Hygienic & nutritious food
- c. Freshly prepared food

BENEFITS OF MEAL FACILITY

- The school encourages healthy eating habits by offering an array of nutritional choices.
- The menu is drawn up by expert nutritionists. The school also has a student committee to form the monthly menu.
- By eating the nutritionally balanced and healthy food provided by the school, it is ensured that children acquire correct food habits.
- Delicious refreshments and scrumptious meals on special occasions to develop social and emotional skills.
- Freshly prepared warm and healthy food is served to students.
- Improved nutritional foundation leading to more focus, enhanced cognitive development and better academic results.
- Introducing children to new healthy foods which they may not otherwise have the chance to try gives them the chance to develop preferences for a wider variety of foods.
- School meal nutrition standards are having a positive impact on student food selection and consumption, especially for fruits and vegetables.

HYGIENE PROTOCOLS

- The school has a designated staff of cooks, helpers and servers.
- The food is cooked under stringent quality controls.
- Quality and packed food items are procured for cooking food.
- Quality check by a dedicated team before and after cooking the food. Food testing department maintains the record.
- Use of gloves and caps by the staff cooking and serving the food.
- Restricted entry in the pantry area.
- Appropriate storage of food in lidded containers, foil wrap, refrigerator.
- Cleaning of the kitchen after every use.
- Use of clean utensils.

NATURE OF MEAL

- a. Pure vegetarian meal
- b. In cases of illness, convalescence and allergies to specific food items, care is taken to avoid serving specific food items to the child as per the details provided by the parent

WHO CAN AVAIL?

- DPS, Dwarka Expressway facilitates the provision of meals for students which is to be paid on quarterly basis.
- The meal facility is optional.
- Parents can avail the facility by filling the Meal Request Form on the School Communication Portal. In case you want to confirm for availing the facility right away, you can write on the portal.
- If a parent avails the meal facility in the middle of a quarter, then the payment will be on a pro-rata basis, starting from the calendar month the facility is activated in. It is therefore understood that if the parent avails the meals in the middle of a quarter, such payment shall be payable for the entire calendar month in which provision of the facility commences.
- In case of an emergency, parents can always ask for the meal before 10:30 a.m.

MEDICAL CONSIDERATIONS

Parents need to inform the school, in writing through the School Communication Portal if their ward has any food-related allergy along with written instruction in response to the allergy. This information must be provided/ updated in writing on an annual basis to the school to ensure adequate caution and safety of the child. Children must be educated at home on their allergy, food that they should avoid, recognize symptoms of the allergy, and be knowledgeable about their medication and who they should approach in case of an episode. There may be circumstances wherein due to extreme medical conditions and/or allergies that result in strict dietary restrictions, the school may not be able to cater to such needs and alternate provisions of meals may be denied.

REGULAR POLICY UPDATES

Keeping with the enhancement of health and nutrition sciences and inputs from our health advisors, the school may from time to time amend and/ or make necessary changes in the present policy and/ or all other policies of the school and the parent shall be duty-bound to review such policies from time to time on the website/ parent portal of the school. The school shall not be able to provide any specific intimation of any change in any policy and the parent is requested to keep himself/herself/themselves updated with all policies of the school and/ or any amendments made from time to time as shall be provided on the website/school communication portal.

I/We confirm that we have read the policy document thoroughly and have clarified any queries or doubts, if any, with the school staff prior to signing this document.

Delhi Public School
Dwarka Expressway 102A & 103
Gurugram

Parent Signature _____