

Northbridge Food Standards

"Clean food, clean living, happy life"

Cambodian epithet

At Northbridge International School Cambodia, we believe eating well is an essential part of being balanced. Our aim is to provide our community with options for nutritious and delicious food and beverage that can be enjoyed with minimal waste and environmental impact.

A team of caterers operates the School Cafeteria and Café North, while NISC Diploma students collaborate with full-time baristas to manage Café Blends. In all three eating locations around the school, students can enjoy fresh, locally sourced food and beverages that meet the dietary needs and tastes of local Cambodians and the international community alike.

All providers at the school adhere to the following standards:

- At least three types of fresh vegetables and/or fruit are available each meal per day, and varieties change regularly (at least three different fruits and three different vegetables each week)
- Brown/whole-grain starches are available alongside white-grain starches at each meal time (for rice, bread, noodles)
- Vegetarian dishes with protein are available alongside dishes containing meat at each meal time, and non-dairy protein (such as tofu, tempeh, lentils, beans) are available at least three days each week
- At least one variety of protein such as meat, fish, eggs or beans is available each day
- A minimum amount of processed/frozen/instant foods are used. Ready-made ingredients and other products that are high in preservatives, salts and additives such as instant noodles are not available.
- MSG will not be used in any food or drinks at the school
- Foods and drinks that are high in salt, sugar and fat are limited:
 - no more than two portions of food that has been deep-fried, batter-coated, or breadcrumb-coated are available each week
 - condiments are limited to sachets or portions of no more than 10g or one teaspoonful
 - candy, chocolate (including chocolate milk), ice-creams and frozen desserts are not available until after 3:30
 - no soft drinks, iced teas or other high-sugar beverages are sold at the school. Beverages such as fruit juices or beverages with milk, yoghurt, soya, rice or cocoa use lower fat milk; and will contain less than 5% added sugars or honey
 - coffees and teas are not pre-sweetened and do not come served with toppings such as whip cream or chocolate syrup
- Cold, filtered, free water is available for refilling reusable bottles at each location at all times

"The gift of food is the gift of life"

paraphrased from the Buddha,
Bhojana Sutta: A Meal,
translated from the Pali by
Thanissaro Bhikkhu



In Addition

- The school will actively promote the use of reusable bottles, cups, dishes and serving containers, and will provide stations for students to wash their own containers.
- We will work towards ensuring over time that all single-use containers will be made with eco-friendly, biodegradable materials, and the cost of using these will be higher than the items served into reusable containers

