Healthy Eating and Food Safety Policy 2026-27

Purpose

- To ensure that school canteens comply with the Abu Dhabi Guideline for Food Canteens in the Educational Institutions in relation to the healthy and safe provision of food services.
- Improve the nutritional awareness and meal practices of school community by increasing their understanding of healthy and sustainable food habits and fostering school environments that are conducive to such habits.

Policy

1. School Healthy Eating and Food Safety Policy

1.1 Policy Requirements: We shall develop and implement a Healthy Eating and Nutrition Policy, in line with the ADEK Healthy Eating and Food Safety Policy. The policy shall:

- Set out the school's commitment to the provision of healthy food choices and the encouragement of healthy and sustainable meal practices, and the steps to be taken in relation to this, including:
  a. Measures to foster an environment conducive to healthy eating in line with Section 2. Promotion of Healthy and Sustainable Eating.
  b. Adherence to the nutritional standards prescribed in the Abu Dhabi Guideline for Food Canteens in Educational Institutions, if the school offers food service.
  c. Measures to actively supervise students during snack/mealtimes to:
  Ensure that students are consuming acceptable foods (e.g., not bringing allergens that may harm other students, etc.).
  Ensure all students have access to a meal every day (unless fasting).
  To be vigilant about concerning food-related behavior (eating disorders, food-related bullying, etc.).
  d. Measures to improve the sustainability of food consumption practices, in line with the school's sustainability strategy (see Section 5. Sustainability).
- Set out the school's commitment to adhere to the hygiene and food safety standards prescribed in the Abu Dhabi Guideline for Food Canteens in Educational Institutions in relation to food preparation, packaging, transportation, and handling.
- Set out measures for shared events by the school to ensure certain food items (e.g., alcohol, carbonated drinks, pork, and allergens) are prohibited.
- We are authorized to commit to further stringent measures for shared events, to ensure stricter healthy eating guidelines and/or sustainable practices.
- Set out measures taken by the school to promote the inclusion of minority groups and the safety of students with allergies and food intolerances (see Section 4 Special Considerations).
- Be published on the school website and made accessible to staff, students, vendors, and parents.

2. Promotion of Healthy Eating

2.1 Healthy Food Promotion: We shall create a healthy food culture that encourages a healthy eating environment of nutrition-rich foods for all members of the school community.

- Unsafe food items such as those containing allergens (e.g., nuts) are prohibited for personal consumption or distribution on school premises.

2.2 Healthy Food Services: We offer food services shall provide students and staff with healthy, nutrient-rich food in line with the requirements of the Abu Dhabi Guideline for Food Canteens in Educational Institutions.

- We shall obtain the necessary valid licenses and maintain inspection records and notices.

2.3 Nutrition Education: We shall deliver nutrition education to students through the formal curriculum and other engagement strategies (e.g., competitions, and workshops) to enable them to make active and informed choices. We shall ensure that the curriculum covers the following topics, at a minimum:

- Healthy and balanced eating.
- Reading of food labels.
- Sustainable meal practices.

2.4 Staff Awareness: We shall ensure teachers and canteen staff attend training conducted by the Abu Dhabi Public Health Center (ADPHC) and other relevant entities in relation to healthy eating, to enable them to promote healthy eating when supervising and/or interacting with students.

2.5 Parent Engagement:

- We shall share guidelines with parents regarding healthy and balanced eating. These guidelines shall include food restrictions (e.g., allergens like nuts, and cafeinated beverages) as mandated by the Abu Dhabi Quality and Conformity Council (QCC) and "unhealthy" food that the school recommends parents avoid packing (e.g., fried food). Schools shall make a reference to the guidelines in the school-parent agreement, as per the *ADEK Parent Engagement Policy*.
- We shall share with parents any relevant guidelines shared by ADEK, ADPHC, QCC, Abu Dhabi Agriculture and Food Safety Authority (ADAFSA), or the Department of Health (DoH) in relation to children's health, nutrition, and allergies.
- For events where food sharing has been authorized by ADEK, we shall communicate to parents that any food brought in shall adhere to the Abu Dhabi Guideline for Food Canteens in Educational Institutions.
- We shall communicate all food-related concerns (all instances included in Section 1.1.c) to parents on the same day as the concern was noticed.

3. Food Services

3.1 Quality Check and Compliance: We shall adhere to the Abu Dhabi Guideline for Food Canteens in Educational Institutions and Federal Law No. (10) of 2015 on Food Safety in the provision of food services.

3.2 Food Delivery Services: We shall not permit students to use external food delivery services (e.g., Talabat) during school hours.

3.3 Student Feedback: We shall engage the student body in planning and improving school food services (e.g., through feedback forms).

4. Special Considerations

4.1 Consideration for Minority Groups: We shall take into consideration the religious, cultural, and ethical needs of minority groups, and shall involve these groups in decision-making related to food services and the use of food labels.

4.2 Consideration for Students with Food Allergies and Intolerances:

- We shall undertake the following measures to support students with allergies, in line with the requirements of the Abu Dhabi Guideline for Food Canteens in Educational Institutions:

  a. Maintaining records of students' food allergies and intolerances and keeping a copy of the records in the school canteen.

  b. Ensuring that food labels provide warnings regarding allergens in food provided through the school's food services.

- Additionally, we shall:

  a. Consider students' allergies and intolerances when planning school activities and meals to ensure the basic food offering suits as many students as possible as it is or with minor modifications.

  b. Require parents to notify the school immediately if their child develops an allergy and provide the relevant medicines to the school.

  c. Share food allergy records of students with relevant staff members and respective parents and students to minimize the risk of accidental exposure to allergenic food substances.

  d. Conduct risk assessments related to student allergies and implement appropriate risk mitigation measures.

  e. Have procedures to effectively manage allergic reactions of students, including clear procedures to deal with severe allergic reactions.

  f. Appropriately label and store medicines required to manage student allergies.

5. Sustainability

- Sustainable Meal Practices: We shall develop and implement a strategy to improve the sustainability of their food services and promote sustainable meal practices, in line with the ADEK Sustainability Policy. This may include initiatives in relation to the following:

  Sustainable practices in the delivery of food services:

  a. Provision of sustainable meals and food products (e.g., plant-based meals, locally produced and low carbon footprint products)

  b. Waste reduction and management (e.g., prevention of overstocking, portion control, waste recycling), including reduction and management of packaging

- Promotion of sustainable practices amongst staff, students, and parents (e.g., reduction of food waste, recycling, avoidance of single-use containers).

6. Eat Right Get Active (ERGA)

- School conducts two activities per month where students have homemade healthy food during first break like salads, fresh juices and fruits in the second break.

7. Moderate Vigorous Physical Activity (MVPA)

- Besides PE period, after every period of 40 minutes, students are made to do exercise in the class to relax and have a movement.
- In the break time when the weather is fine, school interhouse tournaments are conducted for boys and girls.

8. Club Activity

On Saturdays in September and November we conduct club activities like Eco Club, Sports Club, Performing Arts Club

9. Scouts and Guides Activity

- On Saturdays, we conduct sessions for members of Scouts and Guides.
- In winter, a camp of two days is conducted every year from morning to evening. Students are taught lessons on physical activities and they go for field trips.

Signatures:

CHAIRMAN	DIRECTOR	PRINCIPAL

Reviewed on: April 2026 **Next review: April 2027**

School Stamp:

