

# Health Eating Policy

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ACADEMIC YEAR 2025-26

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**This policy outlines the school's commitment to promoting healthy eating habits among students and fostering a positive learning environment around food and nutrition.**

## **1. Promotion of Healthy Eating**

### **1.1 Healthy Food Promotion**

- The school actively promotes healthy food choices through:
  - Educational programs on healthy eating and balanced diets.
  - Encouraging consumption of fresh fruits, vegetables, and whole grains.
  - Limiting sugary drinks and processed foods.
  - Celebrating cultural food diversity while highlighting healthy options.
- Unsafe food items such as those containing allergens (e.g. nuts) are prohibited for personal consumption or distribution on school premises.

### **1.2 Healthy Food Services**

- School meals and snacks offered on campus will adhere to the Abu Dhabi Guidelines for Food Canteens in Educational Institutions (ADFG-FC-EI) set by the Abu Dhabi Department of Food Safety (ADAFSA).
- This ensures meals are:
  - Nutritious and balanced, with a focus on fresh ingredients.
  - Prepared with minimal added sugar, salt, and unhealthy fats.
  - Clearly labelled for allergen content.
- Regular inspections will be conducted to ensure adherence to ADAFSA guidelines.

### **1.3 Nutrition Education**

- The school curriculum will integrate nutrition education across various subjects. This will include:
  - Understanding the importance of a healthy and balanced diet for growth and development.
  - Reading food labels to make informed choices about packaged foods.
  - Learning about sustainable food practices, such as reducing food waste and supporting local agriculture.
- Interactive activities, workshops, and cooking demonstrations will be employed to make learning engaging.

### **1.4 Staff Awareness**

- School staff, including teachers, cafeteria personnel, and administrators, will attend training workshops provided by the Abu Dhabi Public Health Center (ADPHC) on promoting healthy eating habits and managing food allergies in schools.
- Trained staff will be able to answer students' questions, address food-related concerns, and support the implementation of this policy.

### **1.5 Parent Engagement**

- Parents will be actively involved in promoting healthy eating at home and school through:
  - Sharing ADAFSA guidelines and healthy lunchbox tips.
  - Establishing clear communication channels for parents to report any food-related concerns to the school nurse or principal on the same day.
  - Encouraging lunches brought from home to adhere to ADAFSA guidelines.
  - Sharing relevant dietary and allergy information regarding their children.
  - Collaborating with the school on initiatives fostering healthy eating habits in children.

## 2. Food Services

### 2.1 Quality Check and Compliance

- The school will maintain a robust quality control program for its food services. This includes:
  - Regular inspections by qualified personnel to ensure adherence to ADAFSA guidelines (ADFG-FC-EI) and Federal Law (10) of 2015 on Food Safety.
  - Maintaining detailed records of food preparation, storage, and handling procedures.
  - Implementing a system for monitoring food safety hazards and corrective actions.
  - Utilizing qualified and trained food service staff who understand and implement safe food handling practices.

### 2.2 External Food Delivery Services and Student Involvement

- External food delivery services will not be permitted by students during school hours.
- The school will actively engage the student body in planning and improving school food services through:
  - Student surveys and focus groups to gather feedback on food preferences and satisfaction.
  - Participation in healthy food committees to provide input on menu planning and food quality.
  - Opportunities for students to learn about food preparation and healthy cooking through cooking demonstrations and workshops.

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**Approved by:** Principal | Date: August 2025

**Next Review Date:** August 2026

Signed: S. Griffiths  
Principal – Ms. Sarah Griffiths



### 3. Special Considerations

#### 3.1 Minority Groups - Religious, Cultural and Ethical Needs

- The school will be respectful of and accommodate the religious, cultural, and ethical dietary needs of minority groups. This includes offering menu options that cater to these needs and involving representatives from these groups in decision-making related to food services and use of food labels.
- Information on food labels will be presented in a clear and concise manner, potentially including translations for relevant languages spoken within the school community.

#### 3.2 Students with Allergies and Intolerances

- The school will maintain a comprehensive record of students with allergies and intolerances.
  - A copy of this record will be readily available in the canteen.
- Food labels provided through the canteen will list clear warnings about potential allergens.
- When planning school activities involving food, the potential for allergic reactions will be considered.
- Parents are required to notify the school immediately if their child develops a food allergy and provide any necessary medication to be kept at school.
- The school will share food allergy records with relevant staff members (e.g., teachers, canteen staff, nurses) and the affected students' parents to minimize the risk of exposure.
- Regular risk assessments will be conducted to identify and mitigate potential allergy risks.
- Clear procedures will be established for managing allergic reactions, including protocols for handling severe reactions.
- Medications required to manage allergies will be stored appropriately and labelled clearly.

### 4. Sustainability

- The school will integrate sustainable practices into its food services delivery. This includes:
  - Prioritizing locally produced and low carbon footprint food products whenever possible.
  - Implementing a comprehensive waste reduction and management program, including responsible disposal or recycling of packaging and food waste.
  - Promoting sustainable waste practices among students, staff, and parents through educational initiatives and campaigns.

**By incorporating these additional sections, the school's healthy eating policy ensures a holistic approach to promoting healthy choices, respecting diverse needs, and fostering environmental responsibility within the school community.**