



# HEALTHY EATING & FOOD SAFETY POLICY

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| Policy Name                                | HEALTHY EATING AND FOOD SAFETY |
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| Nord Anglia International School Abu Dhabi |                                |

## 1. Policy Statement

At Nord Anglia International School Abu Dhabi, we are committed to a safe, healthy, and sustainable environment for every member of our community. We know that the food choices students make each day shape not only their health and wellbeing, but also their learning and future lifestyle.

By working together as staff, parents, and students, we will guide children to make informed choices, build lasting healthy habits, and create a school community where wellbeing is at the heart of everything we do.

## 2. Aims

This policy sets out how we will:

- Build a school culture that makes healthy, sustainable eating the natural choice for students through education and daily routines.
- Engage parents, staff, and students in building a culture of healthy and sustainable habits.
- Ensure all food services, activities and events comply with the *Abu Dhabi Guideline for Food in Educational Institutions* and ADEK regulations.
- Protect the needs of minority groups, including students with allergies and intolerances, ensuring their safety and inclusion.

## 3. Scope

This policy applies to:

- All students, staff, parents, visitors and providers.
- All food served or consumed on campus, during trips, and at school events.
- All food providers working with the school.

## 1. Policy Commitments

### 3.1 Healthy Eating

- We work with our school meal provider, ADNH – Food Nation, to make sure all food and drinks served meet the Abu Dhabi Guideline for Food in Educational Institutions and are healthy, safe, and nutrient-rich.
- We build a culture of healthy eating by weaving it into lessons, encouraging positive choices, and modelling good habits every day.
- Parents are encouraged to provide balanced packed lunches that include fruit, vegetables, wholegrains, and protein-rich foods.
- The following items are not permitted in school:
  - Pork.
  - Nuts.
  - Chocolate and chocolate drinks.
  - Energy drinks.
  - Sugary or carbonated drinks.
  - Food items with a high content of sugar (e.g. sweets, cakes, cookies)
  - Overly processed food items.

These items are prohibited both for personal consumption and distribution on school premises.

- Water is the primary drink at school. To reduce single-use plastic, every student must bring a labelled reusable bottle each day. Filtered fountains are available across campus, and staff remind students to refill regularly — especially during PE, outdoor play, and hot weather.
- External food deliveries for students are not permitted during school hours.
- Staff actively supervise mealtimes to ensure safe, healthy and inclusive food practices:
  - Checking lunchboxes and snacks to make sure students are only consuming permitted food and drinks, and that no items pose a risk to others (e.g. nuts, energy drinks, or other prohibited items).
  - Making sure every child has access to a nutritious meal — whether provided from home or the canteen — so no student is left without food during the school day (with the exception of those who are fasting during Ramadan).
  - Being alert to concerning food-related behaviours such as signs of

eating disorders, persistent refusal to eat, or food-related bullying. Concerns should be reported to the school nurse or pastoral team immediately.

- Promoting sustainable practices by encouraging students to use reusable water bottles, avoid unnecessary packaging, and reduce food waste at mealtimes.

## 4.2 Food Safety and Hygiene

- This policy works alongside the school's Health and Safety Policy, which sets out the procedures and responsibilities related to food hygiene, handling, storage, and allergen safety.
- All food providers must hold a valid license and comply with ADEK, ADPHC, ADAFSA, and DoH regulations.
- The canteen team maintains valid licenses, inspection records, and notices in line with ADEK and federal food safety laws.
- The school and ADN H fully comply with hygiene and safety standards prescribed in the Abu Dhabi Guideline for Food in Educational Institutions in relation to food preparation, packaging, transportation, handling and storage.
- Allergen labelling is clear and visible for all school-provided meals.
- We maintain an up-to-date register of student allergies and intolerances, shared with school staff and canteen staff.
- Risk assessments are conducted for all students with allergies, and measures are in place to reduce risks.
- Medicines for allergic reactions are stored, labelled, and accessible.
- Emergency procedures for allergic reactions are in place and shared with all relevant staff. Staff are trained and clear procedures are in place to respond to allergic reactions.
- Allergy considerations are built into all trip and event risk assessments.
- Parents must notify the school immediately of new allergies and provide any required medication/instructions to keep their child safe in school.
- The school does not allow external food deliveries for students during school hours.
- Filtered water fountains across the campus are regularly inspected and cleaned. Students can refill their water bottles at these fountains throughout

the day and bottles should be taken home daily for cleaning.

### 3.2 Education and Awareness

#### **Curriculum:**

Nutrition and healthy eating education is embedded in lessons (science, PE, PSHE) and activities, covering both healthy eating and sustainable practices (avoiding single use containers, reduction of food waste and recycling). Healthy eating is reinforced through workshops and assemblies. The curriculum highlights the connection between good nutrition, regular physical activity, and overall wellbeing, supporting students to understand how these choices affect their health, energy, and learning.

Students are taught how to read food labels, recognise key nutrients and use this knowledge to make informed choices about what they eat. They also learn to compare products, understand portion sizes, and consider the environmental impact of food packaging.

Students are encouraged to contribute to healthy eating initiatives, such as leading campaigns, contributing to the Healthy Eating Committee, and taking part in canteen menu reviews.

#### **Staff:**

- Teachers, canteen staff, and support staff complete any required ADEK/ADPHC training on healthy eating and food safety.

The school provides annual refresher training to all staff, covering:

- allergy awareness and emergency response.
- the link between nutrition, concentration, and student wellbeing.
- how to model healthy choices in the classroom and during activities.
- guidance on using non-food rewards and celebrating events without unhealthy treats.
- The policy is introduced at staff induction and revisited each year so all staff are confident in their responsibilities.
- Supervisors, lunchtime staff, and reception staff receive practical briefings on monitoring snacks, mealtime supervision, and rejecting non-compliant deliveries.
- Staff are encouraged to integrate healthy eating messages into everyday teaching (e.g. in Science, PE, PSHE, and pastoral discussions).
- The Healthy Eating Committee provides staff with updates, resources, and opportunities to share feedback or concerns.

**Parents:**

- Receive clear guidance on:
  - restricted items (e.g. sweets, chocolate, crisps, sugary drinks, fried food, energy drinks).
  - sustainability practices such as reusable bottles, minimal packaging, and reducing food waste.
  - healthy lunchboxes and snacks.
- Are introduced to the policy during admissions and induction, so expectations are clear from the start.
- Food-related concerns are communicated to families on the same day they arise, with support and practical advice provided where needed.
- Healthy eating messages are reinforced through workshops, expert talks, and practical resources (e.g. lunchbox ideas).
- Have access to the full policy at any time via the Parent App and the school website.
- Are encouraged to contribute ideas and feedback through the Healthy Eating Committee and parent surveys.

**Food rewards:**

Reward systems should promote healthy choices and model behaviour. In line with the educational purpose of this policy, staff should refrain from giving students food rewards that do not align with our healthy eating principles, such as chocolate, cakes, sweets, or sugary drinks. Instead, staff are encouraged to use non-food rewards or healthier options that promote wellbeing. Examples include:

- Fruit or healthy snacks (e.g. apple slices, dates, popcorn without sugar or butter).
- Extra playtime or outdoor activity.
- Stickers, certificates, or badges.
- House points or merit points.
- Classroom privileges (e.g. leading a game, choosing a book...).
- Stationery items (colourful pens, pencils, erasers).
- Creative experiences (e.g. music)

#### 4.4 Shared Events and Celebrations

- Shared food at school events is only permitted with ADEK approval and following official guidelines.

- Foods brought in by families for ADEK-approved events must comply with the Abu Dhabi Guideline for Food in Educational Institutions and our own policies about Healthy Eating and Food Safety.
- All food provided, sold, or promoted at school events must align with this policy, ADEK guidelines and all relevant regulations in the Emirate of Abu Dhabi.
- Menus and food choices at events must also respect halal requirements, as well as allergies and intolerances within the school community. The following items are strictly prohibited at all times – including school events, fundraising activities, or through external partnerships: alcohol, pork, carbonated drinks, nuts, food items and drinks with a high content of sugar.
- High-sugar items such as cakes, sweets, chocolate and sugary drinks must not be used for fundraising, promotional, or partnership activities (for example, bake sales for charity or external partner promotions). Healthier alternatives should be used instead: healthier food options or non-food alternatives, such as sports challenges, book sales, or craft fairs.

Staff or parents must seek approval from the Healthy Eating Committee before planning any food-related fundraising or promotional activities.

- The school does not allow families to send in cakes, sweets, high-sugar treats or food containing any of the prohibited items for birthdays or celebrations. Healthier or appropriate non-food alternatives, such as fruit platters, stickers, pencils, or books, are encouraged instead.
- In line with ADEK School Sustainability Policy, school events should also take account of sustainability considerations in food packaging, delivery, choice of food products, waste reduction and management.
- Event organisers are responsible for ensuring that all food provision complies with this policy and must consult the Healthy Eating Committee where required.
- Any external vendors providing food for events must be approved by the school and comply with ADEK and school policy.

#### 4.5 Special Considerations

- The school respects the cultural, religious and ethical needs of our diverse community, ensuring that:
  - The needs of all groups are considered when planning school activities and meals.
  - All groups involved in decision-making related to food services and the use of food labels.
  - All food provided in school is halal.

- Vegetarian and vegan alternatives are made available.
- The school maintains a record of students with allergies, and this information is made available at the school canteen.
- Menus and food options take into account food allergies, and ingredients are clearly indicated to support students with allergies.
- The school takes account of the Ramadan fasting period and adapts food provision and mealtime arrangements as needed.

#### **4. Wellbeing and Physical Activity**

- Healthy eating is central to student wellbeing. The food and drink choices students make each day directly influence their energy levels, concentration, mood, and ability to learn.
- Good nutrition works hand in hand with regular physical activity, helping students stay alert in lessons, perform well in sports, and build lifelong healthy habits.
- This policy sits within the school's broader wellbeing framework, which also includes physical activity, #MEtime enrichment, mental health awareness, and pastoral care. Together, these elements ensure students can thrive academically, socially, and personally.
- Staff highlight this connection through lessons, assemblies, and daily routines, showing students that wellbeing is about balance: eating well, staying active, keeping hydrated, and resting well.
- The school also creates opportunities for students to explore this balance through curriculum subjects, themed health weeks, and initiatives led by the Healthy Eating Committee.

#### **6. Sustainability and Waste Management**

In line with ADEK's sustainability requirements and Nord Anglia's strategy, and in collaboration with ADNHH, NAS Abu Dhabi strives to:

- Offer sustainable meals and food products, including plant-based and locally sourced items where possible.
- Prevent overstocking, encourage portion control, and promote recycling to reduce food waste.
- Reduce packaging waste, phase out single-use plastics, and use eco-friendly alternatives.
- Actively encourage students and families to adopt sustainable food practices at school and at home.



## 7. Roles and Responsibilities

- **School Leadership:** oversees implementation and ensures compliance.
- **Canteen Vendor:** delivers healthy, safe, and sustainable food options, strictly in line with relevant regulations, ADEK guidelines and this policy.
- **Teachers and Supervisors:** monitor snacks and mealtimes, promote and model healthy habits, in line with this policy.
- **School Nurse:** maintains allergy records and manages incidents.
- **Parents:** support this policy by providing healthy food from home, following restrictions, and participating in any awareness initiative and information session for parents organised by the school.
- **Students:** make healthy choices and respect school guidelines.
- **Reception Staff:** reject any deliveries of food that do not comply with this policy.
- **Representatives of minority groups** (vegetarian, vegan, allergies).

## 8. Monitoring, Review and Enforcement

- Staff actively supervise students during all meal and snack times to ensure food safety, healthy choices, and student wellbeing.
- Allergy and intolerance records are regularly updated and reviewed.
- Canteen menus and standards are reviewed termly.
- The Healthy Eating Committee meets termly to assess progress and feedback.
- Students, staff, and parents are given regular opportunities to share feedback on food services. Suggestions and concerns are recorded, reviewed, and acted upon.
- Food waste levels and packaging use are monitored, and initiatives to reduce waste are reviewed regularly.
- This policy will be reviewed annually in line with ADEK requirements and updated when new guidelines or laws are introduced.
- If prohibited items are brought to school, they may be confiscated and returned at the end of the day.
- Persistent disregard of the policy will be followed up with parents to ensure

shared understanding and support.

- Staff are expected to model healthy choices and enforce the policy throughout the school.
- All food-related fundraising and event plans must be reviewed by the Healthy Eating Committee before approval.

## **9. Communication and training**

### **Parents**

- This policy will be shared with all families through the Parent App and the school website. The policy will also be referenced in the school-parent agreement.
- Parents will receive clear guidance on packed lunches, snacks, and birthday celebrations.
- Workshops and information sessions will be offered to help families support healthy choices at school and at home.

### **Staff**

- All staff will be trained on the policy during induction and updated annually.
- Training will include allergy awareness, food safety, and modelling healthy eating habits.
- Staff will be reminded to avoid using food rewards that do not align with the policy.

### **Students**

- The principles of healthy eating will be reinforced through assemblies, tutor sessions, the curriculum (Science, PE, PSHE), and student-led campaigns.
- Student representatives on the Healthy Eating Committee will share updates with their peers and gather feedback.

### **Wider Community**

- Catering providers, vendors, and external partners will receive clear guidelines to ensure their provision aligns with the policy.

## **10. Healthy Eating Committee**

The Healthy Eating Committee ensures that this policy is actively implemented and regularly reviewed. Its role is to:

- **Monitor** how the policy is applied across the school, including canteen provision, education and communication efforts, events, and fundraising activities.
- **Advise** the Senior Leadership Team on improvements or adjustments needed to keep practice aligned with the policy and ADEK guidelines.
- **Review** feedback from students, staff, parents, and vendors, and recommend actions where necessary.
- **Support** the school in maintaining a strong link between healthy eating, wellbeing, and sustainability.
- **Ensure accountability** by reporting termly to the Senior Leadership Team on progress, challenges, and next steps.

The committee is a small, representative group, meeting once per term. Membership will include:

- A Chair (senior leader from the academic team)
- A School Nurse
- A PE Teacher
- One Primary, one Secondary and one EYFS Teacher
- Student representatives (Primary, Secondary, Sixth Form).
- Parent representatives.
- A representative of ADN.H.
- An external advisor (e.g. nutritionist, dietitian, or public health officer).

The committee will report its recommendations and progress to the Senior Leadership Team each term.

## **11. Compliance**

This policy is effective from AY 2025/26.



## Approved

☐☐Date: 01.09.2025

Liam Cullinan  
Principal

## Revision History

| <u>Revision Date</u> | <u>Version Number</u> | <u>Revised By</u> | <u>Change Summary</u> |
|----------------------|-----------------------|-------------------|-----------------------|
| August 2025          | V1.0                  | Liam Cullinan     | New Document          |
| August 2026          | V1.1                  |                   |                       |