

Food Nutrition, Healthy Eating & Food Safety Policy (AY 2025/26)

Introduction

Healthy eating directly contributes to students' ability to regulate behaviour, maintain attention and participate fully in learning, and is recognised as part of our wider safeguarding and wellbeing provision. At Aspen Heights British School (AHBS), we recognise that healthy nutrition and food safety are fundamental to student success, behaviour, wellbeing, and academic growth.

This policy ensures compliance with the Abu Dhabi Department of Education & Knowledge (ADEK) School Healthy Eating and Food Safety Policy (Version 1.1, Sept 2024) and reflects our values of Ready, Respectful, Safe. It also aligns with the Abu Dhabi Guideline for Food in Educational Institutions (QCC, 2022) and Federal Law No. 10 of 2015 on Food Safety.

Purpose

- Promote healthy eating habits and nutrition awareness
- Ensure safe food handling aligned with Abu Dhabi health and safety regulations
- Support students with allergies, medical needs and cultural considerations
- Ensure all students can access a daily meal unless fasting
- Promote sustainability and reduce food waste in line with ADEK Sustainability Policy
- Ensure equitable access to healthy food options for all students regardless of background, dietary requirements or financial circumstances.

Scope

This policy applies to all staff, students, parents, canteen providers, school visitors, and school-organised events involving food.

Healthy Food Environment

- Food and beverages shall comply with Abu Dhabi nutritional standards
- Prohibited items: nuts, pork, energy drinks, caffeinated beverages, carbonated drinks, and highly processed snacks
- Only approved canteen vendors may provide food on site
- Water must be accessible to students at all times
- No food delivery services permitted for students during school hours
- Random lunchbox checks will be conducted to ensure compliance with guidelines, with reminders sent to parents where necessary.
- Staff supervision shall ensure:
 - Students consume safe food and have access to meals
 - No sharing of allergens
 - No food-based bullying or exclusion

Nutrition Education

Nutrition education will be delivered through PSHE, Science, assemblies and student campaigns. Students will engage in practical activities such as meal planning, evaluating food choices, understanding sugar content and exploring UAE-appropriate healthy foods.

Focus topics include:

- Balanced diets and healthy lifestyles
- Reading food labels
- Sustainable food practices

Staff and canteen teams will complete training through Abu Dhabi Public Health Centre (ADPHC).

Parent & Community Partnership

Parents will:

- Receive healthy lunch guidelines
- Be informed of prohibited items
- Be notified same day if food-related concerns arise
- Provide allergy medication where required
- All communication regarding food concerns will be shared via official school channels ensuring clarity and traceability

The school will share relevant guidance issued by ADEK, ADPHC, QCC, ADAFSA and DoH.

Food Safety & Vendor Compliance

- All vendors must hold valid licenses and comply with Abu Dhabi inspection standards
- Records of inspections and food handling certificates will be maintained
- Regular hygiene checks and food temperature control will be maintained
- Student feedback collected termly via surveys and Student Council

Allergy & Special Dietary Needs

AHBS will:

- Maintain an allergy register shared with relevant staff and the canteen
- Ensure clear food labelling and allergen warnings
- Communicate immediately with parents regarding allergy concerns
- Have emergency procedures for allergic reactions & store required medication

Parents must inform the school immediately of any new allergies.

Sustainability

We promote environmentally responsible food practices:



- Plant-based and locally sourced options encouraged
- Waste-reduction: portion control, food donation exploration, recycling
- Reusable containers preferred; reduction of single-use plastics
- Food waste will be monitored and reviewed termly

Shared Events & Celebrations

- All shared food must meet Abu Dhabi food requirements
- All food provided must respect cultural expectations within the UAE, including halal compliance
- Prohibited items remain restricted at all events
- Home-brought food for approved events must follow healthy standards
- Events to support inclusivity and respect cultural and dietary needs

Behaviour & Compliance

Food-related misconduct follows the AHBS Relationship Policy and ADEK Behaviour Framework. Corrective actions may include reminders, parental communication, reteaching expectations or engagement in restorative conversations.

Examples:

- Level 1 – Bringing prohibited foods, ignoring healthy eating guidance



- Level 2 – Sharing allergens or unsafe food behaviour
- Level 3 – Food-related bullying
- Level 4 – Deliberate endangerment or repeat offences

Publication & Communication

This policy will be:

- Published on the AHBS website
- Shared with staff and parents
- Available to vendors and site teams

Review & Approval

Effective: AY 2024/25

Full compliance required: AY 2025/26

This policy will be reviewed annually or after relevant regulatory updates.

Approved by: Principal & Governing Board

Review Cycle: Annual