



HEALTHY EATING AND FOOD SAFETY **POLICY**

Document Type	Policy
Administering Authority	School
Latest Approval/Amendment Date	June 2025
Previous Approval/Amendment Date	March 2024
Approving Authority	Principal-Dr.Thakur Mulchandani
Indicative Time for the next Review	March 2026

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Introduction

Sunrise English Private School, Abu Dhabi, recognizes that a safe and nutritious diet is essential for both physical and mental well-being. As part of our commitment to fostering a healthy school community, SEPS strive to create a safe and supportive food environment while actively promoting healthy eating habits among students and staff.

In addition, the school has a responsibility to ensure that their food provision supports their efforts to improve the environmental sustainability. This **Healthy Eating and Food Safety Policy** outlines the key requirements and guidelines for maintaining a **healthy, safe, and sustainable** food environment within our school.

Purpose and objective

To improve the nutritional awareness and meal practices of the school community by increasing their understanding of healthy and sustainable food habits and fostering school environments that are conducive to such habits.





DEFINITIONS

Canteen	A place equipped for the preparation, distribution, and sale of healthy, permitted food for students and staff in a school.
Carbon Footprint	The amount of greenhouse gases released as the result of a particular activity.
Food Label	Any tag, brand, pictorial, or other descriptive matter marked on or attached to a food container or product, which provides information related to the food, including its ingredients, quality, and nutritional value (FAO and WHO, 2018).
Food Services	Arrangements made by schools for students and staff to obtain food during the school day, during extracurricular activities, and during any events organized by the school.
Healthy Eating	Consuming a variety of foods to ensure the intake of nutrients (carbohydrates, healthy fats, proteins, vitamins, and minerals) and fluids in appropriate proportions and quantities to support the energetic and physiological needs of the individual and maintain overall health. Healthy eating includes sustainable practices that consider the health of the planet (Cena & Calder, 2020).
Nutritional Value	The measure of the healthiness of a food item based on the quantity of nutrients contained in it.
Sustainable Meal Practices	Meal practices with low environmental impacts, including low carbon footprint, and which are accessible, affordable, and healthy, while optimizing natural and human resources (FAO, 2010).
Waste Management	Processes and actions required to manage waste from its inception to its final disposal (Ebeid & Zakaria, 2021).





1. POLICY

Policy requirements

SEPS has developed and implemented a Healthy Eating and Food Safety Policy. The policy will :

1. 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 Guidelines for Food in Educational Institutions in the Emirate of Abu Dhabi, if the school offers food service.
 - c. Measures to actively supervise students during snack/mealtimes to:
 1. Ensure that students are consuming acceptable foods (e.g., not bringing allergens that may harm other students, etc.). A **Food Monitoring Chart** is placed in all classes from Grade 2 to Grade 8 to track students' eating habits. This chart is supervised by the class teachers.
 2. Ensure all students have access to a meal every day (unless fasting) with monitoring carried out by the class teachers.
 3. 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).
2. Set out the school's commitment to adhere to the hygiene and food safety standards prescribed in the Abu Dhabi Guideline for Food in Educational Institutions in the Emirate of Abu Dhabi in relation to food preparation, packaging, transportation, and handling.





3. Set out measures for shared events organized by the school to ensure certain food items (e.g., alcohol, carbonated drinks, pork, and allergens) are prohibited. The school is authorized to commit to further stringent measures for shared events, to ensure stricter healthy eating guidelines and/or sustainable practices.
4. 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).
5. 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: SEPS will create a healthy food culture that encourages a healthy eating environment with nutrition-rich foods for all members of the school community.

- 1) 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

The School does not have cafeteria to provide students and staff with healthy, nutrient-rich food in line with the requirements of the Abu Dhabi Guideline for Food in Educational Institutions in the Emirate of Abu Dhabi.

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

1. Healthy and balanced eating.
2. Reading of food labels.
3. Sustainable meal practices.





2.4 Staff Awareness: SEPS shall ensure teachers 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 Parental Engagement;

1. SEPS has provided parents with guidelines regarding healthy and balanced eating. These guidelines shall include food restrictions (e.g., allergens like nuts, and caffeinated 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) as it could lead to long-term health issues such as obesity, high cholesterol and type 2 diabetes. Schools shall make a reference to the guidelines in the school-parent agreement, as per the School Parent Engagement Policy.
2. SEPS will share with parents any relevant guidelines provided by ADEK, ADPHC, QCC, Abu Dhabi Agriculture and Food Safety Authority (ADAFSA), or the Department of Health (DoH) regarding children's health, nutrition, and allergies.
3. For events where food sharing has been authorized by ADEK, SEPS shall inform parents that any food brought in shall adhere to the Abu Dhabi Guideline for Food in Educational Institutions in the Emirate of Abu Dhabi.
4. The school will communicate all food-related concerns (all instances included in Section 1.1.c) to parents on the same day as the concern are noticed.

3.FOOD SERVICES

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





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

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

4. SPECIAL CONSIDERATION

4.1 Consideration for Minority Groups: The school will 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:

1. The school will undertake the following measures to support students with allergies, in line with the requirements of the Abu Dhabi Guideline for Food in Educational Institutions in the Emirate of Abu Dhabi:
 - a. Maintaining records of students' food allergies and intolerances and keeping a copy of the records in the school clinic.
 - b. Ensuring that food labels contain warnings regarding allergens in food provided through the school's food services.
2. Additionally, we will:
 - a. Consider students' allergies and intolerances when planning school activities and meals to ensure the basic food offering accommodates 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 regarding student allergies and implement appropriate risk mitigation measures.
 - e. Have procedures to effectively manage allergic reactions among students, including clear procedures to deal with severe allergic reactions.





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

5. SUSTAINABILITY

5.1 Sustainable Meal Practices: The school will develop and implement a strategy to improve the sustainability of our food services and promote sustainable meal practices, in line with the School Sustainability Policy. This may include initiatives in relation to the following:

1. 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.
2. Promotion of sustainable practices among staff, students, and parents by encouraging the use of non-plastic containers for food and water, and by reducing food waste under the supervision of class teachers.

6. Compliance

The school is fully compliant with the policy from the start of the academic year 2025-26.

Approved By:



Dr.Thakur.S.Mulchandani
School Director/Principal