



## FOOD AND NUTRITION POLICY

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# Sunrise English Private School

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# مدرسة الشروق الانجليزية الخاصة

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## Introduction

Sunrise English Private School, Abu Dhabi, recognizes that a safe and healthy diet is essential for physical and mental health, making it a key contributor to maintaining overall wellbeing. As part of our commitment to fostering a healthy school community, SEPS strive to create a safe and healthy food environment while actively promoting and encouraging healthy eating habits among students and staff.

In addition, the school has a responsibility to ensure that its food provision supports efforts to improve the environmental sustainability of its operations. By adopting sustainable food practices, the school can help reduce its environmental impact and model responsible behavior for students. This Food and Nutrition Policy sets out the basic requirements for the school in providing a healthy and sustainable food environment within the school.

## Purpose and objective

- To ensure that the school eating environment and food services comply with the Abu Dhabi Guideline for Unified School Nutrition and Food Safety (QCC, 2025), and any other relevant guidelines by concerned authority, in relation to the healthy and safe provision of food services.
- To enhance the school community's awareness and meal practices by promoting a deeper understanding of healthy and sustainable eating habits, and by creating supportive environments with high nutritional standards.





### Definitions

ADG2 Requirements	The requirements of the Abu Dhabi Guideline (ADG2): Abu Dhabi Guideline for Unified School Nutrition and Food Safety issued by the Quality & Conformity Council (QCC), 2025 and any amendments).
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	Any substance or part of a substance intended for human consumption by eating or drinking, whether it is a raw, manufactured, or semi-processed substance, including beverages, bottled drinking water, chewing gum, and any substance used in the manufacture of food preparation and processing, but it does not include cosmetics, tobacco or substances that are used only as drugs (ADG 2, "Terms and Definitions").
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	A dietary practice of consuming a variety of safe 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, including the prevention of diseases. 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).





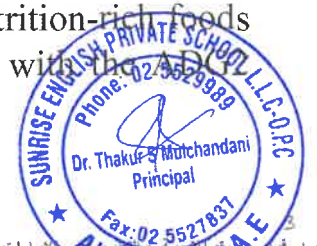
## 1. School food and Nutrition policy

SEPS has developed and implemented a Food and Nutrition Policy in line with the ADG2 requirements. The policy will:

- 1.1. Set out the school's commitment to creating a culture of healthy eating, food safety, and sustainability, and the steps to be taken in relation to this, including:-
  - a. Measures to foster an environment conducive to healthy eating
  - b. Measures to improve the sustainability of food consumption practices, in line with the school's sustainability strategy.
- 1.2. Set out the School's commitment to adhering to hygiene and food safety standards prescribed in the ADG2 requirements in relation to the handling, storage, and consumption of home-packed meals brought by students.
- 1.3. Set out measures for large-scale events that are open to the wider school community to ensure that any food brought onto the premises meets ADG2 requirements, and to reinforce the prohibition of "Red List" items such as alcohol, carbonated drinks, pork, and allergens, as outlined in Appendix A: Restricted Foods and Beverages on the Red List (ADG2 Requirements).
- 1.4. The school is authorized to implement to further stringent measures for shared events to ensure stricter healthy eating guidelines and sustainable practices.
- 1.5. Set out measures taken by the school to promote the inclusion of minority groups and the safety of students with allergies and food intolerances.
- 1.6. Publish on the school website and make it 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 of nutrition-rich foods for all members of the school community, in line with the ADG2 requirements.







students from purchasing individual food items at lunchtime that do not meet the requirements of a balanced meal. In such cases:

- a. Individual items may be regrouped/combined into meal options (e.g., option 1: a chicken sandwich with a side of vegetables and fruit OR option 2: a mixed chicken and vegetable sandwich with a side of fruit).
- b. The School will authorize students to purchase individual items at lunch time to complete a balanced meal only if they have brought other complementary items (e.g., a student has brought a serving of vegetables or fruits from home. In this case, the student is authorized to purchase a sandwich on its own, without purchasing the full meal).
- c. However, school will practice discretion in addressing financial constraints and practice sensitivity and leniency in such cases, working with parents to actively encourage the packing of balanced meals

2.3.2 Sweets and desserts with no excess sugar or fat that meet ADG-2 requirements may only be served at breakfast or during snack times (not during lunch) and are limited to a single portion per student per break period. All snacks must comply with the standards outlined in Section 11.4 (Nutritional Requirements for Snacks) of the ADG-2 requirements.

2.3.3 Home-packed meals should be prepared as per Section 11.8.1 (Guidelines for Home-Packed Lunchboxes) of the ADG-2 requirements.

2.4 ADG-2 'Red List': The School will ensure compliance with the ban on 'Red List' foods for any food consumed by students on school premises.

2.4.1 Exceptionally, the school is authorized to permit non-Muslim students to bring non-halal meat options from home for personal snacks and meals. However, students must adhere to a strict no-sharing policy for such items, with violations subject to disciplinary action as a Level 2 offense, in accordance with the ADEP School Student Behavior Policy.





- 2.4.2 The school is authorized to implement a full ban on non-halal meat options.
- 2.4.3 In either case, staff, parents, and students must abide by the school's policy on this matter, and neither ADEK nor the school will be held responsible for any incidents.
- 2.5 **Hydration:** The School will regularly remind students (through water breaks, posters, etc.) to stay hydrated by drinking water, which will be the 'default beverage served during school meals and special events' (QCC, 2025). This is particularly important before, during, and after physical activity, as outlined in the ADEK School Physical Education and School Sports Policy. Water will be available throughout the school and at critical times and events, in accordance with Section 11.5 (Hydration and Beverage Requirements) of the ADG-2 requirements.
- 2.6 **Sharing of Food:** The School has the discretion to ban the sharing of food in classrooms and during the regular school day. While generally not recommended in order to prevent food-related incidents (such as food allergies, potential foodborne illnesses due to improper handling or storage, and to respect individual cultural or dietary considerations), the sharing of food may be authorized under the following conditions:
- 2.6.1 Food sharing is only authorized for students who have parental consent to consume food that is not provided by the school's licensed food services, in line with any individual dietary restrictions.
- 2.6.2 Shared food must meet ADG-2 requirements and must strictly exclude prohibited 'Red List' items.
- 2.6.3 Food is handled properly and stored in appropriate containers and settings to maintain optimal temperatures.
- 2.6.4 The School will encourage in-class celebrations (e.g., birthdays and lesson completions) through non-food-based alternatives, such as small gifts or party favors, in accordance with ADG-2 requirements that promote non-food rewards, including school-wide recognition (e.g., announcements, noticeboards, letters to parents) or tangible items (e.g., stationery, games, sports equipment) (QCC, 2025).
- 2.6.5 For larger school-wide events (e.g., fairs, international day), all food shall be properly identified with labels to respect individual dietary restrictions.





- 2.6.6 The School will inform parents of the requirements related to the sharing of food but will not be held responsible for any food-related incidents arising from such occasions.
- 2.7 **Microwaves:** Microwaves will not be placed in visible areas and are not authorized for use by students in order to prevent incidents such as potential burns from uneven heating, the risk of explosions caused by improper food container materials, hygiene concerns, and possible degradation of food quality due to incorrect use.
- 2.8 **Enforcing Lunchbox Compliance:** The School ensures that home-packed lunchboxes comply with Sections 4.2 (Key Regulatory Shifts) and 11.8 (Guidelines for Home-Packed Lunchboxes) of the ADG2 requirements:
- 2.8.1 The School conducts daily visual spot checks on a sample of lunchboxes to ensure compliance with the school's nutritional standards. These checks are carried out in a non-invasive, respectful, and non-judgmental manner.
- 2.8.2 The School is authorized to confiscate or ask students to put away non-compliant food items to be returned home under the following conditions:
- As the school does not operate an in-house food service, the school may confiscate or ask students to put away non-compliant snacks and beverages only when the student has sufficient food available for consumption (e.g., a main meal or sandwich, even if it does not fully meet compliance standards). Parents will be informed in a supportive and non-judgmental manner and reminded to avoid sending non-compliant food items.
  - Confiscation is permitted only when the school has an established system for the safe return or appropriate donation of non-compliant food items, in line with hygiene and safety requirements. Disposal of food items on campus is not permitted, in order to prevent food wastage and to promote responsible practices.
  - Consumption on School Premises: Students are not permitted to consume confiscated or returned non-compliant food items on the school premises, including on school buses. Both students and parents will be reminded of this rule on a regular basis.





- 2.8.3 In cases of repeated non-compliance, the School will further engage with parents through the School Social Worker, Counselor, Nurse, or Child Protection Officer.
- 2.9 The School ensures that all students follow basic personal hygiene practices by:
- Washing or disinfecting their hands before eating.
  - Displaying hand washing and sanitization signage in designated hand hygiene areas.
  - Ensuring that staff remain attentive to younger students and provide assistance with hygiene-related needs (e.g., ensuring students do not have food residue on their clothing or hands after eating).
- 2.10 Nutrition Education: The School delivers nutrition education to students through the formal curriculum and other engagement strategies (e.g., competitions, cooking classes, workshops), in line with Section 11.10 (Nutrition and Food Literacy Promotion) of the ADG2 requirements. The curriculum covers, at a minimum, the following topics:
- Healthy and balanced eating
  - Reading and understanding food labels
  - Sustainable meal practices
  - Impact of food marketing on dietary choices
- 2.11 Staff Awareness: The School ensures that teachers attend training conducted by the Abu Dhabi Public Health Center (ADPHC) and other relevant entities on healthy eating, allergen identification, and emergency response, to enable them to promote healthy eating and maintain student safety when supervising, participating in, or interacting with students.
- 2.11.1 Positive and Supportive Language: Staff use positive and supportive language about healthy eating, focusing on wellbeing rather than appearance, and avoid negative language concerning body image or perceptions of food (e.g., “fat,” “skinny,” or “junk”) (QCC, 2025).
- 2.11.2 Modelling Good Food Behavior: Staff consistently model good food behavior, recognizing their influential role in shaping students’ attitudes toward nutrition and healthy eating (e.g., demonstrating balanced food choices, avoiding promotion or consumption of unhealthy foods, and modeling respectful mealtime habits).



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## مدرسة الشروق الانجليزية الخاصة

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دائرة التعليم والمعرفة ترخيص رقم 1/466 بتاريخ 15/04/2008

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2.11.3 Promoting a Positive Food Environment: Staff actively support a positive food environment by reinforcing healthy messages and fostering a safe environment where students feel comfortable discussing food, health, and body image openly (QCC, 2025).

### 2.12 Parent Engagement:

2.12.1 The School shares guidelines with parents regarding healthy and balanced eating practices at the beginning of the academic year. These guidelines include a copy of the restricted foods listed on the ADG2 “Red List” that may contribute to long-term health issues such as obesity, high cholesterol, and type 2 diabetes. The School references these guidelines and its own Food and Nutrition Policy in the Parent–School Contract and the Parent Handbook, in accordance with the ADEK School Parent Engagement Policy.

2.12.2 The School distributes to parents any relevant guidelines issued by ADEK, Abu Dhabi Public Health Center (ADPHC), QCC, Abu Dhabi Agriculture and Food Safety Authority (ADAFSA), or the Department of Health (DoH) related to children’s health, nutrition, and allergies.

2.12.3 The School organizes nutrition education sessions to assist parents with lunchbox planning and to provide ideas for healthier alternatives for children’s favorite food items.

2.12.4 All communication is clear, non-blaming, and responsive to cultural and individual dietary needs. The School partners with parents to reinforce consistent, supportive nutrition and body image messages at home.

2.12.5 For events where food sharing or sales are authorized by ADEK, the School communicates to parents that any food brought in must adhere to ADG2 requirements.

2.12.6 The School communicates all food-related concerns to parents on the same day they are identified.

2.13 Records of Food-Related Complaints: The School maintains records of all food-related complaints and implements response procedures to address them, in accordance with the ADEK School Records Policy.





2.14 Continuous Improvement and Engagement: The School actively engages parents, staff, and students in feedback mechanisms to promote a healthy eating culture and ensure ongoing quality enhancement.

### 3. Food Services

**3.1 Food Delivery Services:** The School does not permit students to use external food delivery services (e.g., Talabat, Careem, Noon, Deliveroo, Instashop). Staff using these services take discretionary measures to avoid the unintentional promotion of unhealthy food items (e.g., picking up fast-food deliveries in a tote bag, or choosing healthier alternatives on days when they are assigned mealtime supervision), in accordance with ADG2 requirements on limiting student exposure to marketing of non-nutritious food.

### 4. Special Consideration

4.1 Consideration for Minority Groups: The School considers the religious, cultural, and ethical needs of minority groups and involves 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:

4.2.1 The School undertakes the following measures to support students with allergies, in line with the ADG2 requirements:

a. Maintaining records of students' food allergies and intolerances, with a copy kept in the school clinic.

4.2.2 Additionally, the School:

a. Considers students' allergies and intolerances when planning school activities and meals to ensure that the basic food offering accommodates as many students as possible, either as-is or with minor modifications.

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

c. Shares students' food allergy records with relevant staff members, as well as with the respective parents of the students, to minimize the risk of accidental exposure to allergenic food substances.





- d. Conducts risk assessments regarding student allergies and implements appropriate risk mitigation measures.
  - e. Implements procedures to manage allergic reactions effectively, including clear steps to address severe allergic reactions.
  - f. Labels and stores medicines required to manage student allergies appropriately.
- 4.3 For students with special dietary requirements (e.g., alternative quantities, restrictions, or meal timings for high-performance athletes or those with medical conditions), parents are required to submit written requests with justification. The School collaborates with approved suppliers to provide inclusive menus that meet diverse dietary needs, in accordance with ADG2 requirements.

## 5. Sustainability

5.1 Sustainable Meal Practices: The School develops and implements strategies to promote sustainable meal practices in line with the School Sustainability Policy. This includes initiatives in relation to the following:

5.1.1 Sustainable practices for home-packed meals:

- a. Encouraging the use of sustainable food choices (e.g., plant-based options, locally sourced items, and products with a low environmental impact).
- b. Promoting waste reduction and management (e.g., portion control, prevention of excess packaging, and responsible disposal or recycling of waste).

5.1.2 Promotion of sustainable practices among staff, students, and parents:

Encouraging the use of reusable, non-plastic containers for food and water, and reducing food waste during meals under the supervision of class teachers.

5.2 **Consumption of Home-Packed Meals:** All home-packed meals brought by students are expected to follow basic food safety and hygiene practices to ensure the health and safety of all students. The School considers students' allergies, dietary restrictions, and cultural





preferences when monitoring and supporting safe consumption of these meals.

## 6. Food Marketing

- 6.1 Promotion: The School promotes and encourages healthy and safe eating practices and ensures that any food-related activities or external providers comply with ADG2 requirements.
- 6.2 Prohibition: The School prohibits the display, sale, and advertisement of non-compliant food (and related brands) on its premises and during any school-sponsored events, in accordance with Section 11.9.4 (Marketing and Advertisement Rules) of the ADG2 requirements. This includes, but is not limited to:
  - a. Events where food is provided or shared, such as sport days, national/international celebrations, fundraisers, and classroom activities.
  - b. Unintentional marketing by staff when carrying food delivery bags displaying restaurant logos or consuming non-compliant items from home in front of students.
  - c. Marketing techniques that may influence food and beverage choices, including sports sponsorships, promotions, deals, or gifts, toys, and prizes (QCC, 2025).
  - d. Sponsorship of school events from commercial entities is allowed only if deemed appropriate and aligned with the promotion of healthy eating (QCC, 2025).

## 7. Compliance

The School has been fully compliant with this policy since the start of the 2025–26 academic year. Compliance with the updated requirements in Version 1.2 of this policy by 30 March 2026.

Approved by



**Dr. Thakur. S. Mulchandani**  
School Director/Principal