



Al Ain English Speaking School

HEALTHY EATING AND FOOD SAFETY POLICY

1. PURPOSE

This policy ensures AAESS provides a safe, nutritious, and inclusive food environment for students, staff, and visitors. It aligns with ADEK's Healthy Eating and Food Safety Policy and the Abu Dhabi Guideline for Food in Educational Institutions to promote lifelong healthy habits and environmental sustainability.

2. SCOPE

This policy applies to all food services, canteen operations, school events, and food brought onto campus by students, staff, or external vendors.

3. NUTRITIONAL STANDARDS

Only nutrient-rich meals are permitted. Prohibited items include fried foods, carbonated drinks, pork and alcohol, highly processed snacks, and foods containing common allergens (e.g., nuts). All meals must meet the Abu Dhabi Food Canteen Guidelines and be labeled with nutritional information.

4. FOOD SAFETY AND HYGIENE

All food handlers must be trained in HACCP principles and certified by the Abu Dhabi Public Health Center (ADPHC). Food must be prepared, stored, and served in sanitized environments. Regular inspections and hygiene audits will be conducted. Emergency procedures for allergic reactions must be in place.

5. SUPERVISION AND STUDENT SAFETY

Staff must actively supervise students during mealtimes to ensure consumption of permitted foods, prevent food-related bullying or eating disorders, and monitor students with allergies or dietary restrictions. Allergy records must be maintained and accessible to canteen staff.

6. SUSTAINABILITY PRACTICES

Promote plant-based and locally sourced foods, use eco-friendly packaging, implement waste reduction and carbon footprint tracking, and encourage sustainable meal practices through education and events.

7. EDUCATION AND AWARENESS

Nutrition education will be integrated into the curriculum. Workshops, competitions, and campaigns will promote healthy choices. Parents will receive guidelines for preparing balanced lunchboxes.

8. EXTERNAL FOOD DELIVERIES

External food deliveries (e.g., Talabat, Deliveroo) are prohibited during school hours to ensure food safety and quality control.

9. ROLES AND RESPONSIBILITIES

- Principal: Oversees policy implementation and compliance.
- Canteen Manager: Ensures food safety standards and staff training.
- Teachers and Staff: Supervise meals and promote healthy habits.
- Parents: Support healthy eating through lunchbox choices and allergy disclosures.
- Students: Participate in feedback and follow healthy eating guidelines.

10. Monitoring and Review

The policy will be reviewed annually or upon updates to ADEK regulations. Feedback from students, parents, and staff will inform improvement