



AL BASMA BRITISH SCHOOL

Healthy Eating and Food Safety Policy

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Full Compliance By: Academic Year 2025/26

Policy Version: 1.0

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Approved By: SLT & FGB

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1. Introduction

Al Basma British School (ABBS) is committed to fostering a safe and healthy food environment, promoting healthy eating habits that support both physical and mental wellbeing. This Healthy Eating and Food Safety Policy aligns with the Abu Dhabi Department of Education and Knowledge (ADEK) Healthy Eating and Food Safety guidelines, and ensures that the school's food provision meets national standards while encouraging sustainability in food practices.

2. Purpose

The purpose of this policy is to:

- Ensure the provision of healthy food choices in line with the Abu Dhabi Guidelines for Food in Educational Institutions.
- Promote a culture of healthy eating among students, staff, and parents.
- Adhere to food safety standards in all food-related services and events.

3. Definitions

- **Healthy Eating:** Consuming a variety of foods in the right proportions to meet nutritional needs while promoting overall health.
- **Food Safety:** The measures in place to ensure food is prepared, stored, and consumed in a manner that prevents illness.
- **Sustainability:** Practices in food sourcing and waste management that minimize the environmental impact and support long-term ecological balance.
- **Canteen:** The facility within the school where food is prepared and served to students and staff.
- **Allergen-Free Zone:** Designated areas and practices to ensure the safety of students with food allergies.

4. Policy Requirements

ABBS is committed to the:

1. **Provision of Healthy and Sustainable Food:** The school will provide healthy, nutrient-rich food options for students and staff, aligned with the Abu Dhabi Guidelines for Food in Educational Institutions.
2. **Food Safety Standards:** All food preparation and handling will comply with the hygiene and safety standards prescribed by ADEK and relevant local authorities.
3. **Sustainability Initiatives:** The school will implement sustainable food practices, including waste reduction, use of locally sourced food, and minimizing the carbon footprint of food-related services.
4. **Allergen Management:** The school will maintain a food allergy register and ensure that all food served complies with allergen safety protocols. This will include clear labeling of

ingredients and allergens.

5. Food Restrictions: The school prohibits certain food items in the school premises, including alcohol, carbonated drinks, and foods with high levels of sugar or fat, in alignment with ADEK regulations.

5. Promotion of Healthy Eating

ABBS will have:

1. Healthy Food Promotion: The school will actively encourage healthy food choices through nutrition education, menu planning, and engagement with the school community.
2. Nutrition Education: The school will incorporate healthy eating education into the curriculum and offer workshops and competitions to promote healthy and sustainable eating habits.
3. Parental Engagement: The school will provide parents with guidelines on healthy eating, food restrictions, and encourage them to support the school's healthy food initiatives.
4. Student Feedback: Students will have opportunities to provide feedback on food services, helping to shape the menus and food practices.

6. Food Services

1. Quality and Compliance: All food services provided by the school will comply with ADEK's food safety and hygiene standards.
2. External Food Delivery: The school does not permit the use of external food delivery services during school hours.
3. Food for Events: For school events where food is shared, parents will be informed of food guidelines, ensuring all food complies with the health and safety standards.

7. Special Considerations

1. Support for Minority Groups: The school will accommodate cultural, religious, and ethical food requirements for minority groups within the school community.
2. Food Allergies and Intolerances: Measures will be in place to ensure students with food allergies are protected, including maintaining allergy records, risk assessments, and clear labeling of food allergens.

8. Sustainability

ABBS is committed to reducing its environmental impact through:

1. Sustainable Meal Practices: The school will focus on offering plant-based meals, locally sourced products, and minimize waste in food preparation and packaging.
2. Waste Management: The school will implement practices to reduce food waste, promote recycling, and reduce the use of single-use packaging.

9. Awareness and Compliance

1. Staff Training: All school staff, including food service employees, will undergo regular training in healthy eating practices and food safety.
2. Parental Communication: The school will communicate all food-related policies and concerns with parents, ensuring they are informed and can support the school's initiatives.

10. Linked Policies

- ADEK Sustainability Policy
- ADEK Health and Safety Policy