



HEALTHY EATING & FOOD SAFETY POLICY

Academic Year 2026 – 2027

1. Purpose

This policy aims to:

- Ensure compliance with Abu Dhabi regulations regarding healthy and safe food services in educational institutions.
- Promote health literacy and positive nutritional habits across the school community.
- Support environmental sustainability through responsible food practices and waste management.

2. Policy Statement

Belvedere British School is committed to fostering the well-being of the entire school community through the provision of a safe, healthy, and sustainable food environment. Recognising the critical connection between nutrition, physical and mental health, and environmental responsibility, this policy outlines the school's approach to ensuring compliance with national food safety and nutrition guidelines while promoting lifelong healthy and sustainable eating habits.

This policy aligns with the **Abu Dhabi Guideline for Food Canteens in Educational Institutions, Federal Law No. (10) of 2015 on Food Safety**, and ADEK's **Healthy Eating and Food Safety Policy** and **Sustainability Policy**.

3. Policy Objectives

3.1 Healthy Food Provision

Belvedere British School will:

- Provide and promote access to a variety of nutritious, balanced meals and snacks in all food service settings.
- Prohibit the sale and distribution of foods high in fat, salt, sugar, or containing banned substances (e.g., nuts, caffeinated drinks, pork).
- Maintain valid food service licenses and conduct regular quality inspections.
- Ensure vendors follow strict food safety, hygiene, and labelling practices in line with ADEK and ADAFSA guidelines.

3.2 Safe and Inclusive Eating Environment

The school will:

- Actively supervise students during meals to monitor appropriate food consumption and support students with food allergies or eating disorders.
- Prohibit external food delivery services for students during school hours.
- Foster an inclusive food environment that considers religious, cultural, and ethical dietary requirements.

4. Education and Engagement

4.1 Student Nutrition Education

Nutrition and sustainability concepts will be integrated across the curriculum and co-curricular programs. Educational content will include:

- Principles of healthy and balanced eating.
- How to read and interpret food labels.
- Environmentally sustainable food practices.

4.2 Staff Training

All teaching and food service staff will undergo regular training (e.g., ADPHC training) to build their capacity in promoting healthy eating and supervising food-related activities.

4.3 Parent Engagement

The school will:

- Share nutrition guidelines, approved food lists, and food safety information with parents.
- Include healthy eating expectations in the school-parent agreement.
- Inform parents of any food-related incidents (e.g., allergies, concerns) on the same day.

5. Special Considerations

5.1 Food Allergies and Intolerances

The school will:

- Maintain up-to-date allergy records and ensure access for staff and canteen personnel.
- Label all food clearly, highlighting potential allergens.
- Require parental notification and provision of medications for new allergies.
- Conduct risk assessments and have emergency procedures in place for severe allergic reactions.

5.2 Cultural and Religious Needs

The school will:

- Respect and accommodate diverse dietary requirements.
- Involve minority groups in food-related decisions and ensure inclusive food labelling and communication.

6. Sustainability

Belvedere British School is dedicated to embedding sustainability into its food operations and community practices.

6.1 Food Services Sustainability Measures

- Offer plant-based and locally sourced meal options.
- Minimise carbon footprint through sourcing, menu planning, and packaging.
- Reduce food waste via portion control, appropriate storage, and recycling initiatives.

6.2 Education and Awareness

- Educate students and staff on sustainable food consumption.
- Encourage the use of reusable containers and discourage single-use plastics.
- Promote awareness of food waste and responsible consumption.

7. Implementation and Review

- This policy will be communicated to all stakeholders via the school website and internal platforms.
- Belvedere British School will periodically review the policy in line with changes in national guidelines and internal evaluations.
- Feedback from students, staff, and parents will inform continuous improvement of food services and practices.

Review and Approval

Review Date: July 2026

Next Review Date: July 2027

Approved by:

Principal

BBS Board of Governors

School Stamp