



## Healthy Eating and Food Safety Policy

### 1. Purpose

The purpose of this policy is to promote **healthy eating habits** and ensure that **all food provided, served, or consumed on school premises is safe, nutritious, and hygienically prepared.**

The policy supports the physical and mental wellbeing of students and staff, in compliance with **ADEK, ADAFSA, and UAE Ministry of Health** regulations.

### 2. Scope

This policy applies to:

- All **canteen services, school kitchens, and food vendors** operating on school premises.
- All **staff and students** consume food or beverages at school.
- All **events, field trips, and extracurricular activities** involving food preparation or distribution.

It covers **food storage, preparation, handling, serving, hygiene practices, and nutritional standards.**

### 3. Policy Statement

The school is committed to:

- Providing **healthy and balanced food options** to promote lifelong wellbeing.
- Ensuring that all food sold or served meets **ADAFSA** food safety and hygiene standards.
- Preventing **foodborne illnesses and allergic reactions** through safe handling practices.
- Educating students on the importance of **nutrition, hydration, and healthy lifestyle choices.**

### 4. Legal and Regulatory Framework

This policy is established in line with:

- **ADEK Health, Safety & Environment Framework (2024)**
- **Abu Dhabi Agriculture and Food Safety Authority (ADAFSA) – Food Code (2020)**
- **Federal Law No. 10 of 2015 on Food Safety**
- **ADOSH 4.0 – Occupational Health and Safety Requirements**
- **UAE Cabinet Resolution No. 39 of 2017 – School Health Standards**
- **World Health Organization (WHO) – School Nutrition Guidelines**

### 5. Objectives

- Encourage students and staff to make **healthy and informed food choices.**
- Ensure that all school food meets **nutritional and hygiene standards.**
- Prevent food-related illnesses and allergic reactions.



- Promote a **safe and supportive environment** for eating and drinking.
- Support **sustainability and waste reduction** in school food operations.

## 6. Roles and Responsibilities

### 6.1 School Principal / Director

- Ensure compliance with ADEK and ADAFSA food safety requirements.
- Approve food suppliers, vendors, and menu plans.
- Provide resources for food hygiene training and inspection.

### 6.2 OSH Department / Health and Safety Officer

- Conduct **regular food safety inspections** in canteens and kitchens.
- Maintain a **Food Safety Register** with inspection results.
- Ensure staff and vendors complete **food safety and hygiene training**.
- Report and investigate food-related incidents or complaints.

### 6.3 Canteen Operator / Food Vendor

- Obtain all required **ADAFSA permits** and food handler medical certificates.
- Maintain proper hygiene during storage, cooking, and serving.
- Implement temperature control for hot and cold foods.
- Label all foods correctly, including **expiry dates and allergen information**.
- Prevent contamination and pest access in food areas.

### 6.4 School Nurse / Clinic

- Maintain student **food allergy records**.
- Respond promptly to food-related allergies or medical emergencies.
- Coordinate with canteen and teachers on allergy management plans.

### 6.5 Teachers and Supervisors

- Encourage healthy eating in class and during events.
- Ensure students wash hands before eating.
- Reinforce food safety awareness messages.

### 6.6 Students and Parents

- Support the school's healthy eating guidelines.
- Avoid bringing prohibited food items (e.g., energy drinks, fast food).
- Inform the school of any allergies or dietary restrictions.



## 7. Healthy Eating Guidelines

- Meals and snacks served must be **nutritionally balanced**, including fruits, vegetables, proteins, and whole grains.
- Limit foods high in **sugar, salt, and saturated fats**.
- Provide **safe drinking water** accessible to all students.
- Encourage the use of **reusable lunch boxes and bottles** to promote sustainability.
- Prohibit the sale or promotion of **junk food, energy drinks, and carbonated beverages**.

## 8. Food Safety and Hygiene Requirements

- All food handlers must wear **clean uniforms, gloves, hairnets, and masks**.
- Handwashing facilities with soap and paper towels must be available.
- Surfaces, utensils, and equipment must be sanitized before and after use.
- Raw and cooked foods must be stored separately to prevent cross-contamination.
- Refrigerators must be maintained at **below 5°C**, and hot foods above **60°C**.
- Food waste must be collected daily and disposed of hygienically.

## 9. Food Storage and Temperature Control

- Food deliveries must be checked for temperature, expiry, and condition.
- Perishable items must be labeled with delivery and use-by dates.
- Cold storage and freezers must have **temperature monitoring logs**.
- Dry storage must be well ventilated and pest-free.
- Expired or spoiled food must be disposed of immediately.

## 10. Food Allergy Management

- Maintain an **Allergy Register** with details of students' allergies.
- Clearly label all food items that contain **common allergens** (e.g., nuts, dairy, gluten, eggs).
- Train canteen and supervisory staff in **anaphylaxis recognition and EpiPen use**.
- Display **allergen awareness posters** in food service areas.

## 11. Food Poisoning and Incident Response

- Any suspected food poisoning case must be reported to the **School Clinic and OSH Department** immediately.
- Affected individuals should receive prompt medical attention.
- The **Food Incident Report** must be completed.



- The OSH Officer must investigate the source, isolate suspect food, and inform ADAFSA if required.
- Preventive actions must be recorded and implemented.

## 12. Training and Education

- All food handlers must complete **ADAFSA-approved Food Safety and Hygiene Training**.
- Students should receive **nutrition and hygiene education** through classroom programs and campaigns.
- Annual awareness events should promote **healthy eating, sustainability, and wellbeing**.

## 13. Food Safety Audits and Inspections

- The OSH Department and School Clinic will conduct **monthly inspections** of food facilities.
- External audits may be conducted by **ADAFSA** or **ADEK**.
- Any non-compliance findings must be corrected immediately.

## 14. Sustainability and Waste Reduction

- Minimize food waste through careful portion control and menu planning.
- Promote **eco-friendly practices**, including recycling and composting where possible.
- Avoid the use of **single-use plastics** in food service operations.

## 15. Monitoring and Review

- The OSH Department will maintain a **Food Safety Monitoring**
- Policy effectiveness will be reviewed annually or after any food safety incident.
- Updates will reflect new **ADAFSA** or **ADEK** regulations.

## 16. References

- ADEK Health, Safety & Environment Framework (2024)
- Abu Dhabi Agriculture and Food Safety Authority – Food Code (2020)
- Federal Law No. 10 of 2015 on Food Safety
- ADOSH 4.0 – Health and Hygiene Standards
- UAE School Health Guidelines (Ministry of Health)
- WHO School Nutrition Guidelines (2023)

Principal  
Sister Claudette Dababneh



OSH officer  
Marwah Aljammali