



# Healthy Eating & Food Safety Policy 2025-2026

| Document control      |             |
|-----------------------|-------------|
| Policy responsibility | SLT         |
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## ANS Healthy Eating and Food Safety Policy 2024/2025

### 1. Purpose

The purpose of this policy is to ensure that American National School promotes a healthy eating environment and adheres to the highest standards of food safety. This policy aims to support the physical and educational well-being of all students by providing nutritious, safe, and sustainable food choices.

### 2. Scope

This policy applies to all food services provided within American National School, including but not limited to the school canteen, any events hosted by the school, and any programs involving food service to students. It covers all aspects of food preparation, delivery, and consumption on school premises. The policy is intended for implementation by all school staff involved in food services, students, parents, and external vendors associated with the school.

### 3. Definitions

- **Carbon Footprint:** The amount of greenhouse gases released as the result of a particular activity.
- **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:** Consuming a variety of 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. Healthy eating includes sustainable practices that consider the health of the planet.
- **Nutritional Value:** The measure of the healthiness of a food item based on the quantity of nutrients contained in it.
- **School Canteen:** A place equipped for the preparation, distribution, and sale of healthy, permitted food for students and staff in a school.
- **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.
- **Waste Management:** Processes and actions required to manage waste from its inception to its final disposal.



## 4. Roles and Responsibilities

### School Administration:

- Ensure the implementation and adherence to the food safety policy.
- Facilitate regular awareness sessions for staff on food safety and healthy eating practices.
- Oversee the operation of food services to ensure compliance with health and safety regulations.

### Safety Officer:

- Ensure the implementation and continuous monitoring of all safety protocols related to food preparation and consumption within the school. This includes overseeing adherence to food safety standards and regulations.
- Conduct regular inspections of school canteen facilities and food service operations to ensure compliance with local and international food safety standards. Address any non-compliance issues promptly.
- Develop and implement emergency response plans for handling foodborne illnesses and outbreaks, including coordination with local health authorities.
- Maintain accurate and up-to-date records of all inspections, trainings, and incidents related to food safety, providing reports to school administration and regulatory bodies as required.

### Teachers:

- Promote healthy eating in the classroom and during school events.
- Participate in training related to food safety and healthy eating practices.
- Report any concerns regarding student diet or reactions to food to the administration.

### Canteen Staff:

- Prepare and serve food in accordance with established nutritional and safety guidelines.
- Maintain cleanliness and hygiene in food preparation areas to prevent contamination.
- Keep accurate records of food supplies and allergens, ensuring all foods are correctly labeled.

### Parents:

- Provide the school with up-to-date medical information regarding their child's food allergies or dietary restrictions.
- Support the school's food policies by encouraging healthy eating at home.
- Participate in discussions and feedback opportunities regarding the school's food services.



#### **Students:**

- Follow the guidelines set for healthy eating while on school premises.
- Report any dietary issues or food safety concerns to school staff.
- Participate actively in educational sessions about nutrition and food safety.

### **5. Healthy Eating and Sustainability**

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#### **Objectives:**

- Provide healthy and sustainable food choices.
- Ensure food safety through adherence to hygiene and preparation standards.
- Promote an inclusive environment that caters to the diverse needs of our school community.

#### **Key Provisions:**

- Nutritional Standards: Compliance with the Abu Dhabi Guideline for Food Canteens in Educational Institutions to ensure meals are nutritious and prepared safely.
- Supervision and Safety: Monitoring student meals to ensure safe and appropriate eating practices, addressing any food-related concerns promptly.
- Sustainability Practices: Provision of meals that are both environmentally sustainable and aligned with the school's sustainability goals, including waste reduction and recycling.

### **6. Promotion of Healthy Eating**

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#### **Educational Initiatives:**

- Nutrition Education: Integrating nutrition education into the curriculum and organizing interactive activities to promote healthy eating.
- Staff Training: Ensuring that all school staff, particularly those involved in food preparation and service, receive regular training on healthy eating and food safety as outlined by ADEK.

### **7. Parent and Community Engagement**

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#### **Communication Strategies:**

- Parent Involvement: Regular communication with parents about school food policies, updates, and guidelines on managing food allergies and safety.
- Community Events: Ensuring that all school events involving food adhere to these policies and promoting community-wide participation in healthy eating initiatives.



## 8. Special Considerations

### Allergy Management:

- **Records of Allergies:** American National School will maintain and regularly update records of students' food allergies and intolerances. Copies of these records will be kept accessible in the school canteen and HSE office to ensure all food prepared for or served to affected students meets safety standards.
- **Food Labeling:** All food items provided through the school's food services will include clear labeling that identifies potential allergens. This is to ensure that students and staff are fully informed about the ingredients in their meals to prevent allergic reactions.

### Proactive Allergy Planning:

- **Inclusion in School Activities:** When planning school activities and meals, considerations will be made for students' allergies and intolerances to ensure all students can participate safely.
- **Parental Notification Requirement:** Parents are required to notify the school immediately if their child develops a new allergy or if there are any changes to their existing allergies. They must also provide the school with any necessary medications that their child might require in response to an allergic reaction.

### Risk Management and Emergency Procedures:

- **Risk Assessments:** Conduct thorough risk assessments related to student allergies and implement appropriate risk mitigation measures to minimize the chance of allergic reactions.
- **Emergency Response Procedures:** Establish clear procedures to manage allergic reactions among students, including steps to take in case of a severe reaction, ensuring quick and effective treatment.

### Management:

- Medications required for managing student allergies will be appropriately labeled and stored in easily accessible locations, with staff trained in how to administer these medications in case of an emergency.



## 9. Food Services

### Sustainable Food Service Practices:

#### Quality Check and Compliance:

- Adherence to Regulations: American National School will adhere to the Abu Dhabi Guideline for Food Canteens in Educational Institutions and comply with Federal Law No. (10) of 2015 on Food Safety. This involves regular audits and inspections to ensure compliance with all legal and health standards in the provision of food services.
- Inspection Points: Regular checking of food storage, preparation areas, and cooking techniques to ensure they meet health and safety standards. Detailed records of all inspections and corrective actions taken will be maintained as part of the school's compliance documentation.

#### Food Delivery Services:

- Restriction on External Food Delivery: To maintain food safety and nutrition control, the school will not permit students to use external food delivery services such as Talabat during school hours. This policy helps to ensure that all food consumed on campus meets the school's health and safety standards.
- Monitoring and Enforcement: The school will establish monitoring mechanisms to ensure compliance with this policy, including the provision of guidelines to students and parents about the restrictions on external food deliveries.

## 10. Implementation and Compliance:

### Monitoring and Evaluation:

- Compliance Checks: Regular audits and checks to ensure adherence to ADEK policies and this food safety policy.
- Feedback and Continuous Improvement: Establishing a feedback mechanism from students, parents, and staff to continually assess and improve food service practices.

### Documentation and Record Keeping:

- Maintaining comprehensive records of compliance, training, and feedback to support continuous improvement and adherence to regulations.



## 11. Inspection:

### Facility Inspection:

- Cleanliness and hygiene of kitchen and dining areas.
- Proper storage of food items to prevent contamination.
- Condition and cleanliness of cooking and food preparation equipment.

### Food Safety Practices:

- Proper food handling and serving practices.
- Temperature control for cooking, storing, and serving food.
- Compliance with expiration dates and proper labeling of food items.

### Staff Compliance:

- Personal hygiene and proper uniform use by canteen staff.
- Staff adherence to the school's food safety training and guidelines.
- Availability of hand washing facilities and their usage by staff.

### Emergency Preparedness:

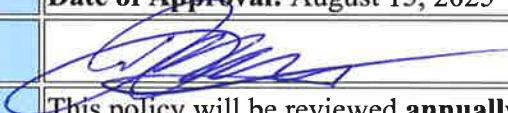
- Availability and accessibility of first aid and emergency medical kits in the food service area.
- Staff knowledge and training on handling foodborne illnesses and allergic reactions.

## 13. Conclusion:

American National School is dedicated to maintaining the highest standards of health, safety, and sustainability in our food services. By implementing this policy, we reaffirm our commitment to the well-being of our school community and our compliance with all relevant ADAFSA & ADEK regulations.

**14. References:**

- Abu Dhabi Department of Education and Knowledge (ADEK)
- Abu Dhabi Quality and Conformity Council (QCC)
- Abu Dhabi Public Health Center (ADPHC)

| Section                       | Details  |
|-------------------------------|--|
| <b>Effective Date</b>         | This policy will be effective as of <b>August, 2025</b> .  |
| <b>Approval/Authorization</b> | <b>Approved by:</b> Dr. Denis Peters   |
|                               | <b>Title:</b> Principal  |
|                               | <b>Date of Approval:</b> August 15, 2025   |
| <b>Signature</b>              |                           |
| <b>Review and Revision</b>    | This policy will be reviewed <b>annually</b> , or as needed, to ensure compliance with changing regulations. |