

Healthy Eating and Food Safety Policy

Introduced:	December 2015
Review 1:	December 2021
Review 2:	December 2023
Review 3:	May 2025
Next Review 4:	May 2026

Introduction:

At Dunes International School, we recognize that a safe and healthy diet is essential to both the physical and mental health of our students and staff. As part of our holistic approach to wellbeing, we are committed to creating a healthy food environment that supports nutritious and sustainable eating habits while complying with food safety standards. This policy outlines our obligations and actions in promoting health, wellbeing, and sustainability through our food services.

Purpose:

- To enhance nutritional awareness and encourage healthy, sustainable food practices across the school community.
- To support a safe and inclusive environment for students with food allergies, cultural dietary needs, and ethical food preferences.

Definitions:

Healthy eating means variety of food that is full of nutrients necessary for healthy living. Healthy food is home-cooked food devoid of junk and packed food.

Policy Requirements:

1. Healthy Eating and Nutrition

Dunes International School shall implement and regularly review its Healthy Eating and Nutrition Policy as follows:

Dunes International School

Plot no 19; Shabiya 9; Mussafah; Abu Dhabi; P.O Box 5121
Tel.: 0097125527527
School code: 90201 | Affiliation number : 6630051



مدرسة ديونز الدولية

رقم قطعة: ١٩, شعبية ٩, مصفح, أبوظبي, ص ب : ٥١٢١
هاتف: ٠٠٩٧١٢٥٥٢٧٥٢٧
كود المدرسة : ٩٠٢٠١ | رقم الانتساب: ٦٦٣٠٠٥١

1.1 Commitments:

- Promote a healthy and sustainable eating culture.
- Supervise students during meals to:
 - Prevent allergen exposure.
 - Ensure every student has access to a daily meal.
 - Monitor for disordered eating or bullying related to food.

1.2 Inclusivity:

- The school shall accommodate religious, cultural, and medical dietary needs, including allergies and food intolerances.

1.3 Accessibility:

- This policy shall be published on the school website and made available to students, parents and staff.

2. Promotion of Healthy Eating

2.1 Healthy Food Culture:

- The school shall prohibit unsafe or allergen-rich food items (e.g., nuts) on campus.

2.2 Nutrition Education:

- Topics to be covered include:
 - Balanced eating
 - Reading food labels
 - Sustainable meal choices
- Delivered via curriculum, workshops, and student engagement activities.

2.3 Parental Engagement:

- Parents will receive:
 - Healthy eating guidelines
 - Food restriction policies
 - Immediate communication regarding any food-related concerns
- School-parent agreements will include these policies.



3. Special Considerations

3.1 Diversity and Inclusion:

- Menu planning will consider the cultural and religious needs of minority groups.

3.2 Allergy and Intolerance Management:

- Maintain accurate allergy records.
- Share relevant medical and dietary information with authorized personnel.
- Ensure proper labeling and allergen warnings.
- Implement risk assessments and emergency procedures.

4. Sustainability

4.1 Sustainable Meal Practices:

The school will promote sustainability through:

- Offering plant-based and locally produced food options.
- Reducing packaging waste and single-use containers.
- Educating the community on food waste reduction and recycling.

References

- Cena, H. & Calder, P. 2020. Defining a Healthy Diet: Evidence for the Role of Contemporary Dietary Patterns in Health and Disease. *Nutrients*, 12(2): 334.
- Ebeid, E. Z. M. & Zakaria, M. B. (2021). Thermal analysis in recycling and waste management. In Ebeid, E. Z. M. & Zakaria, M. B. (Eds.), *Thermal Analysis: From Introductory Fundamentals to Advanced Applications* (pp. 247-300).
- Federal Decree Law No. (10) of 2015 on Food Safety
- Federal Decree Law No. (31) of 2021 Promulgating the Crimes and Penalties Law
- Food and Agriculture Organization of the United Nations (FAO), 2010. Sustainable Diets and Biodiversity.
- Food and Agriculture Organization of the United Nations (FAO) and World Health Organization (WHO), 2018. International Food Standards.

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Amendments:

Review 1	No Changes
Review 2	No Changes
Review 3	Amended as per ADEK healthy eating policy 2024/2025 Updates include: <ul style="list-style-type: none">• Healthy eating and nutrition• Promotion of healthy eating• Special considerations• Sustainability

Principal
Mr. Paramjit Ahluwalia

