

Healthy Eating and Food Safety Policy

(Aligned with ADG2 & ADEK Requirements)

Introduced:	December 2021
Review 1:	December 2023
Review 2:	May 2025
Review 3:	December 2025
Next Review:	December 2027

Purpose

The purpose of this policy is to ensure that Dunes International School provides a safe, healthy, and supportive food environment in accordance with:

- Abu Dhabi Guideline for Unified School Nutrition & Food Safety (ADG2, QCC 2025)
- ADEK School Food & Nutrition Policy (Version 1.2, 2025)
- Federal Law No. (10) of 2015 on Food Safety

As a school without an internal food service, this policy establishes clear expectations for home-packed meals and ensures compliance with ADG2 lunchbox standards, Red List restrictions, hygiene requirements, allergy safety, and promotion of healthy eating habits across the school community.

2. Policy Objectives

This policy aims to:

1. Promote a healthy eating culture that supports student well-being and academic performance.
2. Ensure all food brought from home complies with ADG2 nutrition and safety standards.
3. Ensure awareness of Red List (prohibited) foods and prevent their consumption on school premises.
4. Support students with food allergies and intolerances through structured procedures.
5. Ensure hygiene, safety, supervision, and equitable food access.
6. Engage staff and parents in creating a consistent, supportive nutrition environment.
7. Promote sustainable, low-waste food practices in line with ADEK requirements.

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

Scope

This policy applies to:

- All students (KG–Grade 12).
- All school staff supervising meals.
- All parents/guardians.
- All school events where food may be shared.
- All food brought from home, including:
 - Daily lunchboxes
 - Snacks
 - Food for celebrations
 - Cultural/International Day events

Roles and Responsibilities

4.1 School Leadership

- Ensure full compliance with ADG2 and ADEK nutrition requirements.
- Maintain updated records of food-related concerns and parent notifications.
- Ensure staff receive training on nutrition, allergies, and healthy eating supervision.
- Communicate policy expectations to parents at the start of each academic year.
- Ensure hygiene practices and food safety messaging are visibly displayed.

4.2 Staff

- Supervise students during meal/snack times.
- Model healthy eating practices.
- Report food-related concerns (allergies, avoidance, bullying, and eating disorders).
- Ensure adherence to lunchbox standards and Red List compliance.

4.3 School Nurse / Wellbeing Team

- Maintain updated food allergy and intolerance records.
- Support students with medical dietary needs.
- Communicate food-related health concerns to parents.



4.4 Parents / Guardians

- Pack meals that meet ADG2 requirements (balanced MyPlate model).
- Avoid all Red List prohibited foods.
- Notify the school of allergies or dietary restrictions immediately.
- Respond to non-compliance notifications promptly.

4.5 Students

- Follow healthy eating guidelines.
- Avoid sharing food without school approval.
- Follow hygiene habits and avoid bringing prohibited items.

5. Healthy Eating Requirements

5.1 Balanced Meals (ADG2 MyPlate Requirements)

Lunchboxes must follow ADG2's balanced plate model, which requires the inclusion of:

- 50% fruits and vegetables
- 25% whole grains
- 25% lean protein
- Include a calcium source (e.g., yogurt, milk, cheese, or alternatives)
- Only healthy snacks meeting ADG2 nutrient criteria may be packed.

5.2 Red List (Strictly Prohibited Items)

The following foods/beverages are not allowed on school premises:

- ✗ Sugary drinks, soda, energy drinks, or flavored milk high in sugar.
- ✗ Chips, fried snacks, high-fat pastries, or doughnuts.
- ✗ Candies, chocolates, high-sugar desserts, or jelly.
- ✗ Food containing allergens not approved for sharing.
- ✗ Pork or pork-derived products.
- ✗ Caffeinated drinks (e.g., coffee, high-caffeine tea, energy drinks).
- ✗ Foods with excessive added salt, fat, or sugar.
- ✗ Any item classified as "Red" by ADG2.

Parents will receive **notifications** if Red List items are found.

6. Lunchbox Compliance Procedures

In line with ADEK Section 2.8 and ADG2 Section 11.8, the following procedure will be applied:

1. Daily visual spot checks will be conducted respectfully and non-invasively by supervising staff.
2. Parents will be notified for each non-compliance (e.g., if a Red List item is found).
3. After 3 notifications, parents must meet school staff to discuss meal planning strategies.
4. The school may request the student to put away non-compliant items for the duration of the school day.
5. Food will not be confiscated unless there is an established donation mechanism (as required by ADEK).
6. Students may not consume removed/non-compliant items anywhere on the premises or bus.
7. In repeated cases of non-compliance, referral may be made to the School Counselor, Wellbeing Lead, or Child Protection Officer (if concerns relate to neglect or persistent non-cooperation).

7. Food Sharing Rules

Food sharing is discouraged to prevent the spread of allergens and non-compliant food, but is allowed only when:

- Parents have given explicit consent.
- Food meets ADG2 requirements.
- No Red List items are included.
- No known allergens are present for the intended recipients.
- Food is stored safely and labelled where needed.

Celebrations are strongly encouraged to be non-food-based, such as: Stickers, small gifts, classroom activities, or games.

8. Allergy and Intolerance Management

The school must:

- Maintain updated allergy lists for all students in conjunction with the School Nurse.
- Ensure all teachers and supervisors are aware of students with severe allergies.
- Have emergency procedures and medicines (e.g., Epipens) accessible and known to trained staff.
- Ensure food items brought for events are labelled with ingredients where applicable.
- Request parents to notify the school immediately of any new allergy or dietary restriction.

Students must not share or exchange food with peers who have allergies or known intolerances.

9. Hygiene Practices

Schools shall ensure:

- Students wash hands with soap and water before and after eating.
- Eating areas are clean, well-maintained, and supervised.
- Proper disposal of food waste in designated, covered bins.
- No microwaves or other heating appliances are available for student use (as per ADEK Section 2.7).
- Students clean up after themselves, especially in KG.

10. Nutrition Education & Promotion

The school will:

- Deliver age-appropriate nutrition education as part of the curriculum.
- Conduct awareness campaigns, competitions, and workshops to promote healthy eating.
- Engage students in learning about:
 - Healthy food choices
 - Reading food labels
 - Sustainability and waste reduction
 - Cultural and religious dietary respect

11. Parent Engagement

- Parents receive the policy at the start of each academic year.
- Workshops will be held at least once per term (focusing on lunchbox planning, ADG2 compliance, and healthier choices).
- Parents are to be fully informed of the ADG2 Red List and specific nutrition requirements.
- Parents must comply with school instructions for events where food is shared.
- Non-compliance will be communicated politely and promptly by the school.



12. Monitoring & Review

- The school maintains logs of food-related complaints and non-compliance notifications.
- This policy will be reviewed annually or as per any updated ADG2/ADEK directives.
- Feedback from parents, staff, and students will inform policy improvements.

13. 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.
- Abu Dhabi Quality and Conformity Council (QCC). (2025). Abu Dhabi Guideline (ADG2): Abu Dhabi Guideline for Unified School Nutrition and Food Safety (ADG 2, 4th ed.).
- 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.

Amendments:

Prepared By	Date
School Nurse	December 2021

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Review	Date	Reviewed By	Amendments
Review 1	December 2023	Academic Vice Principal/Health and Safety Officer/Social Worker/School Counselor	No Change
Review 2	May 2025	Academic Vice Principal/Health and Safety Officer/Social Worker/School Counselor	No Change
Review 3	December 2025	Academic Vice Principal/Health and Safety Officer/Social Worker/School Counselor	Amended as per ADEK healthy eating policy 2024/2025 & ADG2 Requirements Updates include: <ul style="list-style-type: none">• Healthy Eating Requirements• Lunchbox Compliance Procedures• Food Sharing Rules• Allergy and Intolerance Management• Hygiene Practices• Nutrition Education & Promotion Parent Engagement

Principal
Mr. Paramjit Ahluwalia

