



School Healthy Eating and Food Safety Policy (AY 2024-26)

Introduction

A safe and nutritious diet is essential for both mental and physical health, making it a crucial component of preserving general wellbeing. We at Bright Riders School actively encourage healthy eating choices and to establish a safe and healthy eating environment in order to improve the wellbeing of the school community. BRS also has an obligation to make sure that the food it provides complements its initiatives to make its operations more environmentally sustainable. This policy lays out the fundamental standards for school to provide sustainable and healthful eating environments.

Purpose

This document reflects our commitment to:

- Ensure that the school canteen operates in full compliance with the Abu Dhabi Guidelines for Food Canteens in Educational Institutions, with particular emphasis on the safe and health-conscious delivery of food services.
- Promote enhanced nutritional literacy and responsible meal practices within the school community by cultivating awareness of healthy and sustainable dietary habits, and by fostering a school environment that actively supports and reinforces such practices.

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 (Cena & Calder, 2020).
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 (FAO, 2010).
Waste Management	Processes and actions required to manage waste from its inception to its final disposal (Ebeid & Zakaria, 2021).

Policy

1. School Healthy Eating and Food Safety Policy

- 1.1 Policy Requirements: BRS has developed and implement a Healthy Eating and Nutrition Policy, in line with the ADEK Healthy Eating and Food Safety Policy.

The policy:

1. Sets out the school's commitment to the provision of healthy food choices and the encouragement of healthy and sustainable meal practices, and the steps to be taken in relation to this, including:
 - a. Measures to foster an environment conducive to healthy eating in line with [Section 2. Promotion of Healthy and Sustainable Eating](#).
 - b. Adherence to the nutritional standards prescribed in the Abu Dhabi Guideline for Food Canteens in Educational Institutions, if the school offers food service.
 - c. Measures to actively supervise students during snack/ mealtimes to:
 - 1) Ensure that students are consuming acceptable foods (e.g., not bringing allergens that may harm other students, etc.).
 - 2) Ensure all students have access to a meal every day (unless fasting).
 - 3) To be vigilant about concerning food-related behavior (eating disorders, food-related bullying, etc.).
 - d. Measures to improve the sustainability of food consumption practices, in line with the school's sustainability strategy (see [Section 5. Sustainability](#)).
2. Set out the school's commitment to adhere to the hygiene and food safety standards prescribed in the Abu Dhabi Guideline for Food Canteens in Educational Institutions in relation to food preparation, packaging, transportation, and handling.
3. Set out measures for shared events by the school to ensure certain food items (e.g., alcohol, carbonated drinks, pork, and allergens) are prohibited. The school is authorized to commit to further stringent measures for shared events, to ensure stricter healthy eating guidelines and/ or sustainable practices.
4. Set out measures taken by the school to promote the inclusion of minority groups and the safety of students with allergies and food intolerances (see [Section 4 Special Considerations](#)).
5. Be published on the school website and made accessible to staff, students, vendors, and parents.

2 Promotion of Healthy Eating

- 21 Healthy Food Promotion: BRS is committed to a healthy food culture that encourages a healthy eating environment of nutrition-rich foods for all members of the school community.
 1. Unsafe food items such as those containing allergens (e.g., nuts) are prohibited for personal consumption or distribution on school premises.
- 22 Healthy Food Services: BRS provides students and staff with healthy, nutrient-rich food in line with the requirements of the Abu Dhabi Guideline for Food Canteens in Educational Institutions.
 1. BRS has obtained the necessary valid licenses and duly maintain inspection records and notices.
- 23 Nutrition Education: BRS delivers nutrition education to students through the formal curriculum and other engagement strategies (e.g., competitions, and workshops) to enable them to make active and informed choices. The school ensures that the curriculum covers the following topics, at a minimum:
 1. Healthy and balanced eating.
 2. Reading of food labels.
 3. Sustainable meal practices.
- 24 Staff Awareness: BRS ensures that teachers and canteen staff attend training conducted by the Abu Dhabi Public Health Center (ADPHC) and other relevant entities in relation to healthy eating, to enable them to promote healthy eating when supervising and/ or interacting with students.
- 25 Parent Engagement:
 1. BRS shares guidelines with parents regarding healthy and balanced eating. These guidelines shall include food restrictions (e.g., allergens like nuts, and caffeinated beverages) as mandated by the Abu Dhabi Quality and Conformity Council (QCC) and “unhealthy” food that the school recommends parents avoid packing (e.g., fried food). The school makes a reference to the guidelines in the school-parent agreement, as per the [*BRS Parent Engagement Policy*](#).
 2. The school also communicates to parents any relevant guidelines shared by ADEK, ADPHC, QCC, Abu Dhabi Agriculture and Food Safety Authority (ADAFSA), or the Department of Health (DoH) in relation to children’s health, nutrition, and allergies.
 3. For events where food sharing has been authorized by ADEK, the school

communicates to parents that any food brought in shall adhere to the Abu Dhabi Guideline for Food Canteens in Educational Institutions.

4. The school communicates all food-related concerns (all instances included in [Section 1.1.c](#)) to parents on the same day as the concern was noticed.

3. Food Services

- 31 Quality Check and Compliance: BRS adheres to the Abu Dhabi Guideline for Food Canteens in Educational Institutions and Federal Law No. (10) of 2015 on Food Safety in the provision of food services.
- 32 Food Delivery Services: BRS does not permit students to use external food delivery services (e.g., Talabat) during school hours.
- 33 Student Feedback: BRS engages the student body in planning and improving school food services (e.g., through feedback forms).

4. Special Considerations

- 41 Consideration for Minority Groups: BRS considers the religious, cultural, and ethical needs of minority groups, and involves these groups in decision-making related to food services and the use of food labels.
- 42 Consideration for Students with Food Allergies and Intolerances:
 1. The school undertakes the following measures to support students with allergies, in line with the requirements of the Abu Dhabi Guideline for Food Canteens in Educational Institutions:
 - a. Maintaining records of student s' food allergies and intolerances and keeping a copy of the records in the school canteen.
 - b. Ensuring that food labels provide warnings regarding allergens in food provided through the school's food services.
 2. Additionally, the school:
 - a. Considers students' allergies and intolerances when planning school activities and meals to ensure the basic food offering suits as many students as possible as it is or with minor modifications.
 - b. Requires parents to notify the school immediately if their child develops an allergy and provides the relevant medicines to the school.
 - c. Shares food allergy records of students with relevant staff members and respective parents and students to minimize the risk of accidental exposure to allergenic food substances.
 - d. Conduct risk assessments related to student allergies and implement appropriate risk mitigation measures.
 - e. Has procedures to effectively manage allergic reactions of students, including clear procedures to deal with severe allergic reactions.

- f. Appropriately labels and stores medicines required to manage student allergies.

5. Sustainability

- 5.1 Sustainable Meal Practices: BRS has drafted and operationalized a strategy to improve the sustainability of its food services and promote sustainable meal practices, in line with the [BRS Sustainability Policy](#). This includes initiative in relation to the following:

- 1. Sustainable practices in the delivery of food services:
 - a. Provision of sustainable meals and food products (e.g., plant-based meals, locally produced and low carbon footprint products)
 - b. Waste reduction and management (e.g., prevention of overstocking, portion control, waste recycling), including reduction and management of packaging Promotion of sustainable practices amongst staff, students, and parents (e.g., reduction of food waste, recycling, avoidance of single-use containers)

6. Compliance

- 6.1 This policy is effective from the commencement of the Academic Year 2024/ 25 (Fall term). The school is fully compliant with this policy by the start of the Academic Year 2025/ 26 (Fall term).

Approved By:

Rachna Prakash
Principal
Bright Riders School-Abu Dhabi



Next review: AY 2026-2027