

## FOOD AND NUTRITION POLICY

### AMITY MISSION STATEMENT

*It is our mission to create an engaging and challenging learning environment where students are encouraged to excel intellectually, academically and socially. We nurture our students' natural desires to learn with a personalised educational programme, project-based learning and guided enquiry. These promote the development of independent thinking, critical analysis, emotional intelligence and essential communication skills.*

*Amity International School aims to serve all its pupils by preparing a diverse range of courses, programmes, resources and facilities that serve pupils' individual talents and interests, and help them secure the best chance of success and happiness in both their professional and personal lives.*

### RATIONALE

Amity International School Abu Dhabi is committed to providing a safe, healthy, inclusive, and sustainable food environment that supports student wellbeing and academic success.

The school shall ensure full compliance with:

- ADEK Food & Nutrition Policy (v1.2)
- Unified School Nutrition & Food Safety Guidelines (ADG2 – 2025)
- Federal Law No. 10 of 2015 on Food Safety
- Abu Dhabi Agriculture and Food Safety Authority regulations
- Department of Health – Abu Dhabi requirements
- Abu Dhabi Public Health Center Guidance

The school, adopts a whole-school approach to healthy eating, ensuring compliance, education, monitoring, and continuous improvement.

### PURPOSE

This policy aims to:

1. Establish clear standards for food provision and monitoring.
2. Promote balanced and healthy eating habits.
3. Protect students with allergies and special dietary requirements.
4. Ensure safe food handling and service.
5. Support environmental sustainability objectives.
6. Prevent exposure to unhealthy food marketing.

### SCOPE

This policy applies to:

- School canteen operators and food suppliers.
- External vendors during school events.
- Kiosks.
- Food brought from home (lunchboxes).
- Food served during extracurricular activities and events.
- Parents participating in school-organized events.

Authorised by: Principal

Maintained by: Health, Safety, and Environment (HSE) Officer

Review date: March 2027 (reviewed annually)

## DEFINITIONS

- **ADG2 Red List** - Food and beverage items prohibited in schools under Abu Dhabi Unified Guidelines.
- **Balanced Meal** - A meal containing whole grains, lean protein, vegetables, fruit, and dairy (where applicable).
- **Allergen** - A food substance capable of causing allergic reactions including anaphylaxis.
- **Non-Compliant Food**: Food that does not meet ADG2 nutritional or safety standards.
- **ADAFSA** – Abu Dhabi Agriculture and Food Safety Authority
- **ADEK** – Abu Dhabi Education and Knowledge
- **ADG2** – Abu Dhabi Guidelines
- **ADPHC** – Abu Dhabi Public Health Centre
- **OSHMS** – Occupational Safety and Health Management System

## ROLES AND RESPONSIBILITIES

### Principal

- Responsible for providing overall leadership and ensuring the effective implementation of the Food and Nutrition Policy within the school.
- Ensure compliance with regulations from the Department of Education and Knowledge (ADEK) and Abu Dhabi Public Health Centre.
- Ensure effective communication of the policy to staff, students, parents, and contractors.
- Review regularly with the academic team and take feedback from HOS on the lunchboxes provided to students are fully compliant.

### Head of Operation

- Approves, endorses, and provides strategic oversight for the effective implementation of the policy, ensuring that adequate resources, responsibilities, and monitoring mechanisms are in place to achieve its intended objectives.
- Support the implementation of the Food and Nutrition Policy across all operational areas of the school.
- Oversee day-to-day management of canteen and food service operations.
- Ensure regular cleaning, maintenance, and inspection of food display and dining areas.
- Assist in audits, inspections, and continuous improvement of food service operations.

### Facility Officer

- Ensures that all suppliers maintain valid trade licenses, required regulatory approvals, and active SEHHI certification, with periodic verification and documented records to confirm continued compliance.
- Incorporates clear compliance, health, safety, and regulatory clauses within all supplier and service contracts to ensure adherence to applicable laws, standards, and organizational policies, with defined accountability and enforcement measures.
- Coordinate with food service providers to ensure delivery of safe, healthy, and approved food items.
- Ensure proper waste management and pest control practices in food areas.

### Academic Staff/Head of Schools

- Discourages the use of food as academic rewards or incentives, replacing it with non-food-based recognition methods to reinforce healthy eating habits and positive behavior.
- Monitor compliance with established food safety standards, hygiene requirements, and operational procedures, ensuring timely identification, reporting, and corrective action of any non-conformities.

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- Check on regular basis on the lunchboxes provided to students are fully compliant.
- Educate parents on the importance of healthy food and monitor the students whose lunchboxes are not compliant and meet parents.

#### **HSE Officer**

- Conducts routine and unannounced inspections to monitor compliance with established food safety standards, hygiene requirements, and operational procedures, ensuring timely identification, reporting, and corrective action of any non-conformities.
- Maintains accurate, up-to-date, and well-organized food safety documentation and records, including temperature logs, cleaning schedules, pest control reports, supplier certifications, and incident reports, in accordance with regulatory and internal requirements.
- Coordinates internal and external audits, including inspections conducted by ADEK, ensuring full preparedness, documentation availability, effective communication with inspectors, and timely closure of audit findings.

#### **School Nurse**

- Maintains a comprehensive and up-to-date allergy register for all students, ensuring accurate documentation of medical information, identified allergens, required precautions.
- Plans and delivers regular health and allergy awareness sessions for students, and parents to promote understanding of allergen risks, prevention strategies, symptom recognition, and healthy eating habit.
- Manages and coordinates the emergency response for allergic reactions, ensuring immediate activation of the established protocol, availability and proper use of emergency medication (e.g., auto-injectors), prompt communication with medical services and parents, and proper documentation and post-incident review.

#### **Teacher/Staff**

- Demonstrates and actively promotes healthy eating habits by modeling positive food choices and reinforcing the importance of balanced nutrition in alignment with the school's food and nutrition guidelines.
- Effectively supervises students during meal times to ensure safe eating practices, adherence to hygiene standards, respectful behavior, and compliance with approved food policies.
- Refrains from consuming or displaying non-compliant or restricted food and beverages in front of students, thereby maintaining consistency with the school's nutrition policy and serving as a positive role model.
- Conducts daily visual checks of students' meals and lunchboxes to ensure compliance with the school's food and nutrition policy and identify any non-conforming items.
- Provides parents with written notifications in cases of repeated non-compliance, clearly explaining the nature of the issue and referencing the school's nutrition guidelines.
- If non-compliance persists after notices escalate the same to HOS and in the event the school may provide compliant alternative meals to the student, with the associated cost communicated and chargeable to the parents.
- Ensures that all communication with parents and students regarding food policy compliance is respectful, supportive, and focused on education and positive behavior reinforcement.
- Discourages food sharing among students to prevent cross-contamination and allergen exposure, reinforcing safe eating practices and protecting students with dietary restrictions.

#### **Parents**

- Ensures that all lunchboxes provided to students are fully compliant with the school's food and nutrition policy, containing only approved items that meet health, safety, and allergen guidelines.
- Submits accurate and up-to-date medical documentation for any dietary restrictions, allergies, or special nutritional requirements, ensuring proper accommodation and safe meal planning for affected students.

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## **FOOD PROVISION STANDARDS**

### **Healthy Food Environment**

#### **Food Service Provider:**

- Permits only food items that fully comply with ADG2 within the school premises, ensuring adherence to approved nutritional standards and safety requirements.
- Strictly prohibits all items listed on the Red List, enforcing this policy through regular checks, staff awareness, and clear communication to students and parents.
- Promotes balanced meal combinations by guiding students toward appropriate portions, including fruits, vegetables, proteins, and whole grains, and integrating nutrition education into daily routines.
- Applies visual nudging techniques, such as strategic placement, appealing presentation, and labeling of healthier options, to encourage students to make informed and nutritious food choices.

#### **Balanced Meal Requirements**

- Lunch meals must include:
- Whole grains
- Lean protein
- Vegetables
- Fruits
- Dairy (as applicable)

#### **Hydration**

- Water is the default beverage.
- Water stations are accessible throughout school.
- Sugary drinks, soft drinks, caffeinated beverages, and energy drinks are strictly prohibited.

#### **ADG2 Red List (Prohibited Items)**

The following are strictly prohibited:

- Deep-fried foods
- Processed meats (hotdogs, sausages, salami, pepperoni)
- Pork and non-halal meat
- Artificial coloring and high-fructose corn syrup
- High-fat sauces and spreads
- Excess sugar desserts
- Energy drinks and soft drinks
- Nuts, sesame, soybean products (allergen control)

Non-compliant food may be confiscated in line with ADEK guidance.

## **FOOD SAFETY & SUPPLIER MANAGEMENT**

#### **Facility Officer & HSE Officer:**

- Ensures that all food suppliers are fully licensed and hold current SEHHI Certification, with regular verification to maintain compliance with regulatory and school requirements.

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- Maintains valid food safety permits for all in-house and external food operations, ensuring adherence to local and national food safety regulations.
- Conducts regular internal inspections of food preparation, storage, and service areas to monitor hygiene, compliance with standards, and overall food safety practices.
- Keeps accurate and up-to-date records of all inspections, audits, corrective actions, and supplier compliance checks for accountability, traceability, and regulatory review.
- Reports any major non-compliance or food safety incidents promptly to ADAFSA in accordance with legal and regulatory obligations.
- Prohibits the use of external food delivery services for students to ensure food safety, consistency with approved nutritional standards, and control over allergen exposure.

## **ALLERGY & SPECIAL DIET MANAGEMENT**

### **School Nurse:**

- Displays clear and accessible allergen information in the canteen and food service areas, ensuring students, staff, and visitors are aware of potential risks associated with menu items.
- Requires submission of accurate medical documentation for any special dietary needs or restrictions, ensuring that meals provided accommodate health requirements safely and appropriately.
- Conducts regular allergy risk assessments in food preparation, service, and storage areas to identify potential hazards, implement preventive measures, and update protocols as necessary.
- Provides staff training in recognizing and responding to anaphylaxis, including the correct use of emergency medication (e.g., EpiPen auto-injectors) and activation of emergency response procedures.
- Ensures that all emergency procedures related to allergic reactions are clearly outlined and integrated within the School Health & Safety Policy, providing a coordinated and rapid response in case of incidents.

## **SUSTAINABILITY**

### **Assistant Head of Lower Primary/Sustainability:**

- Promotes the inclusion of plant-based and locally sourced foods in meals wherever possible, supporting sustainable nutrition, environmental responsibility, and awareness of healthy dietary choices.
- Implements effective food waste reduction measures, such as portion control, proper storage, and donation of surplus food, to minimize environmental impact and optimize resource use.
- Reduces the use of single-use plastics in food packaging, cutlery, and service items, favoring reusable, compostable, or eco-friendly alternatives.
- Encourages and facilitates recycling practices in all eating areas by providing clearly labeled bins, educational signage, and staff/students guidance on proper waste segregation.

## **FOOD MARKETING**

### **Head of Marketing**

- Prohibits advertising of non-compliant or unhealthy food brands within the school environment, including classrooms, canteens, noticeboards, and digital platforms, to maintain consistency with nutrition policies.
- Prevents sponsorships or promotional activities that encourage consumption of unhealthy food or beverages, ensuring that all partnerships align with the school's health and nutrition objectives.
- Implements proactive strategies to promote healthy food choices, such as educational campaigns, engaging activities, visual cues, and reward systems that encourage students to select nutritious options.

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## EVENTS AND CELEBRATIONS

### All food served during school events must:

- Ensures that all food provided complies fully with ADG2, meeting the recommended nutritional standards for students.
- Excludes all items listed on the Red List, strictly enforcing this policy to protect student health and maintain alignment with school nutrition standards.
- Requires that all food items be clearly SEHHI labeled with complete allergen information, enabling staff and students to make informed and safe food choices.
- Empowers the school to implement stricter measures or additional restrictions where necessary to ensure compliance, student safety, and overall nutritional quality.

## RECORD KEEPING

### The school shall maintain:

- Maintains up-to-date supplier certifications, including licenses, SEHHI compliance, and any other relevant approvals, to ensure all food sources meet regulatory and school standards.
- Keeps detailed inspection reports documenting internal audits, hygiene checks, and compliance monitoring, supporting traceability and accountability.
- Maintains a comprehensive allergy register with current information on students' dietary restrictions, allergens, and individualized management plans.
- Records lunchbox monitoring activities, including daily checks and instances of non-compliance, to ensure adherence to the school's nutrition policy.
- Maintains logs of complaints or incidents related to food safety, nutrition, or allergen exposure, including actions taken and resolutions.
- Documents all communications with parents regarding food policy compliance, dietary restrictions, or incidents, ensuring clarity, transparency, and supportive engagement.
- Ensures that all documentation and records are organized, securely stored, and fully compliant with ADEK School Records Requirements, meeting regulatory and audit expectations.

## MONITORING AND REVIEW

### This policy shall be:

- The policy and related procedures are reviewed on an annual basis to ensure continued relevance, effectiveness, and alignment with best practices in food safety and nutrition management.
- Subjected to regular audits as part of the School's OSHMS, verifying compliance, identifying gaps, and implementing corrective actions as needed.
- Evaluated during inspections conducted by ADEK, ensuring adherence to regulatory standards and school nutrition policies.
- Updated promptly in line with any amendments to local, national, or international regulations, guidelines, and standards to maintain legal compliance and best practice alignment.

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