



Healthy Eating and Food Safety Policy

Approved by: Principal

Date: 01/10/2024

Last reviewed on:

Date: 01/10/2024



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Next review due by:

Date: 01/10/2025

Revision History

#	Description of Changes	Rev. No	Date of Issue
1	First Issue	00	01/10/2024



This policy applies to all students, staff, parents, food service providers, the board of trustees, and other stakeholders involved in food preparation and distribution within the Sheikh Khalifa Bin Zayed Arab Pakistan School (SKBZAPS).

Policy Statement

SKBZAPS is dedicated to promoting a culture of healthy eating and ensuring food safety within the school environment. Aligned with ADEK, the UAE Ministry of Education, Abu Dhabi Food Control Authority (ADFCA), and international HSE standards, this policy promotes balanced nutrition, health awareness, and strict food safety practices across all food services.

Purpose

The purpose of this policy is to:

- Outline healthy eating and food safety standards within SKBZAPS.
- Define roles and responsibilities for ensuring food quality, safety, and adherence to regulatory standards.
- Establish a safe, nutritious environment that supports student health and well-being.

Legal and Regulatory Framework

This policy adheres to:

- **ADEK Healthy Eating and Food Safety Standards.**
- **UAE Ministry of Education** requirements for food safety and nutritional content.
- **Abu Dhabi Food Control Authority (ADFCA)** regulations, which govern food handling, storage, preparation, and hygiene in educational institutions.
- **International HSE standards** for food safety, including best practices from the World Health Organization (WHO) and HACCP (Hazard Analysis and Critical Control Points) principles.



Roles and Responsibilities

- **Vice Principal (VP) Academic:**
 - Oversees educational initiatives related to nutrition and healthy eating within the curriculum.
 - Ensures all school events adhere to healthy eating principles.

- **HSE Officer:**
 - Responsible for monitoring the safety, quality, and compliance of food provided in the school canteen and at school events.
 - Conducts regular audits and inspections to ensure adherence to ADFCA, ADEK, and international HSE standards.
 - Ensures that all food service providers comply with HACCP standards, focusing on critical control points in food preparation, storage, and serving.

- **School Nurse:**
 - Maintains up-to-date records of student allergies and dietary restrictions, ensuring communication with the HSE Officer and food service providers.
 - Oversees health-related incidents related to food safety, such as allergies or foodborne illnesses, and communicates with relevant parties for immediate response.

- **Food Service Providers:**
 - Must comply with all ADFCA food safety regulations, including training in food hygiene and safe handling practices.
 - Ensure that all ingredients meet nutritional guidelines and adhere to the school's no-nut policy and any other allergy-related restrictions.
 - Adhere to HACCP protocols for safe food handling, preparation, and storage.

- **Teachers:**
 - Integrate lessons on healthy eating and food safety into the curriculum, especially in subjects like Science and PSHE.
 - Model healthy eating practices and reinforce food safety guidelines with students.

Healthy Eating Standards and Food Safety Guidelines

- **School Meals and Snacks:**



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- o Canteen meals must be nutritionally balanced and adhere to UAE health and safety guidelines. They should include options such as whole grains, lean proteins, fresh fruits, and vegetables.
- o Prohibited items include sodas, candy, and fried foods, in line with UAE standards.
- **Food Safety and Hygiene Practices:**
 - o All food served within the school must adhere to ADFCA food safety standards, including regular inspections by the HSE Officer.
 - o Food service staff are trained in safe food handling, hygiene, and the prevention of foodborne illnesses.
 - o HACCP standards are followed for storing, preparing, and serving food, ensuring temperature control, cross-contamination prevention, and hygiene protocols.
- **Packed Lunches:**
 - o Parents are encouraged to follow school guidelines for balanced nutrition, including healthy foods and avoiding high-sugar snacks.
 - o All packed foods must follow the school's no-nut policy for allergy safety.

Managing Allergies and Special Dietary Requirements

- **No-Nut Policy:** SKBZAPS strictly prohibits nut products to protect students with severe allergies.
- **Food Allergy Registry:** Maintained by the school nurse and communicated to teachers and food service staff, ensuring strict adherence to dietary restrictions.
- **Safe Food Events:** Any school event involving food must follow allergy-safe guidelines, with the HSE Officer overseeing food safety standards.

Nutrition Education and Awareness

- **Curriculum Integration:**
 - o Nutrition and food safety are part of the curriculum, with lessons on healthy food choices, balanced diets, and safe food practices.
 - o Practical activities, such as workshops and cooking demonstrations, reinforce these principles.
- **Parental Involvement:**
 - o Parents are provided with guidelines for healthy lunches and invited to attend workshops on healthy eating.



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- o Periodic surveys collect feedback from parents and students to improve the school's food offerings and safety practices.

Monitoring and Review

The HSE Officer, in collaboration with the Principal and school nurse, ensures regular compliance checks, annual reviews, and updates to align with ADFCA, ADEK, and international standards. Any changes in UAE regulations will be immediately integrated into the school's food safety practices.