

Division/Department/ Section: School Clinic  Subject: <b>Food and Nutrition Policy</b>	Prepared By: Emirates Falcon Int'l Private School Clinic Team
	Review By: Emirates Falcon Int'l Private School Facility coordinator
	Approve By: Emirates Falcon Int'l Private School Principal
	Policy No : EFIPSC//P0015/25
	Policy Date: 2025-2026

## EFIPS Food and Nutrition Policy

### Scope

Emirates Falcon International Private School (EFIPS) is committed to creating a safe and healthy food environment that promotes students' physical and mental well-being, supports sustainable nutritional practices, and strengthens a culture of health awareness across the school community.

### 1. Introduction

Healthy nutrition is essential for students' physical growth, cognitive development, and emotional well-being. EFIPS is responsible for providing a safe and healthy food environment, promoting positive eating habits, and ensuring full compliance with the **Abu Dhabi School Food and Nutrition Standard ADG2 (QCC 2025)**.

The school also adopts sustainable practices and food-waste reduction measures to reinforce environmental responsibility among students.

### 2. Purpose of the Policy

This policy aims to:

1. Ensure full compliance with ADG2 and all relevant health and regulatory requirements.
2. Promote health awareness and sustainable eating habits among students and parents.
3. Provide a safe school environment free from restricted foods while promoting healthy choices.
4. Encourage collaboration among school stakeholders to support positive nutritional behaviors.

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### 3. School Commitment to the Food and Nutrition Policy

EFIPS commits to the following:

1. Promoting a culture of healthy eating, food safety, and sustainability in line with ADEK's General Policy.
2. Complying with standards of food hygiene, preparation, storage, transportation, and serving.
3. Ensuring that all major school events comply with ADG2 and prohibiting any items from the Red List.
4. Respecting cultural and religious dietary needs and accommodating students with food allergies.
5. Publishing this policy and making it accessible to all stakeholders.

### 4. Promoting Healthy Eating Within the School

#### 4.1 Healthy Food Environment

EFIPS applies ADG2 guidelines to all foods provided or consumed on school premises, including:

- The school canteen
- Food brought from home
- School events and celebrations

All Red List items are strictly prohibited.

#### 4.2 Active Supervision

- Supervising students during meal times.
- Conducting visual checks of lunchboxes to ensure compliance.
- Monitoring concerning eating behaviors and informing parents immediately.
- Teachers sit with students in KG and Grade 1 to encourage healthy eating habits.



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#### 4.3 Balanced Meals

- Only meals aligned with **MyPlate** are permitted (half fruits and vegetables).
- Sweets are not allowed during lunch; limited low-sugar sweets permitted only during breakfast or break, and only if compliant with ADG2.
- EFIPS may combine items into balanced meals prior to sale.

#### 4.4 Red List (Prohibited Items)

No Red List items may be brought or consumed on campus, whether from home or the canteen.

This includes: fried foods, carbonated drinks, sugary beverages, high-sugar sweets, processed meats, artificial colors, heavy sauces, etc.

#### ✓ Exception for non-Muslim students:

Non-Halal meats may be brought **only for personal consumption**, with **strict prohibition of sharing**.

- If food is shared, **Level 2 disciplinary actions** will apply in accordance with the Student Behavior Policy.

#### 4.5 Water Consumption

- Water is the primary beverage allowed during school hours and events.
- Water refill stations are available, and students are encouraged to bring reusable water bottles.

#### 4.6 Food Sharing

Food sharing is prohibited except during **organized events** and only when:

1. Parents have submitted consent.
2. All food fully complies with ADG2 requirements.
3. Food is prepared, transported, and stored safely.

The school promotes **non-food celebrations** (small gifts, stationery, etc.).

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#### 4.7 Microwave Use

- Microwaves are not allowed for student use and will not be provided.

#### 4.8 Lunchbox Compliance

- Daily, non-intrusive random inspections.
- A parent notification will be sent if unhealthy or Red List items are found.
- After **three repeated violations**:
  - ✓ Only non-compliant snacks and drinks will be confiscated if the student still has a main meal.
  - ✓ Confiscated items may not be consumed at school or on the bus.
- Non-compliant food will be returned home (not disposed of by the school).

#### 4.9 Personal Hygiene

- Handwashing before and after meals.
- Visual signage in meal areas.
- Assistance for younger students.

#### 4.10 Nutrition Education

Nutritional awareness is incorporated into:

**Science, Health, Design, Activities, Workshops, Competitions, and School Farming Projects.**

#### 4.11 Staff Awareness

- Training provided through health authorities (ADPHC).
- Using positive language about food (no shaming vocabulary such as “unhealthy/fattening”).
- Staff must not consume unhealthy food in front of students.

#### 4.12 Parent Engagement

- Annual guidelines shared at the beginning of the school year.
- Nutrition workshops each term.
- Continuous communication regarding any concerns.



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#### 4.13 Record Keeping

- Documenting and addressing any food-related complaints.

## 5. School Food Services

1. Full compliance with ADG2 and food safety laws.
2. Working only with **SEHHI-approved** food providers.
3. Reporting violations to relevant authorities.
4. Students are strictly prohibited from ordering food via delivery apps.

## 6. Special Considerations

### 6.1 Cultural and Religious Needs

The school respects and accommodates all cultural and religious dietary requirements.

### 6.2 Students with Food Allergies

- Updated allergy records are maintained.
- Staff are trained to handle allergy emergencies.
- Clear food labeling is provided in the canteen.

### 6.3 Medical Diets & Athletes

- A formal request must be submitted by parents for special dietary needs.
- The school collaborates with the food provider to ensure compliance.

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## 7. Food Sustainability

EFIPS is committed to sustainable practices by:

1. Encouraging plant-based, local, and low-emission meal options.
2. Implementing food-waste reduction strategies.
3. Reducing single-use plastic.
4. Ensuring safety of school-grown produce.

## 8. Food Marketing

- Only healthy food options may be marketed or promoted.
- Advertising, displaying, or selling any non-compliant product is prohibited on school grounds or during events.

## 9. Compliance

- This policy becomes effective at the start of the 2025–2026 academic year.
- Full compliance is mandatory by **30 March 2026**.
- Violations are subject to ADEK regulatory procedures.

## Appendix: Red List (Prohibited Items)

### *High-fat and High-sugar Foods*

- Fried foods (fries, samosas, fried chicken)
- High-sugar sweets (doughnuts, cakes, chocolate <50% cocoa)



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### *Unhealthy Beverages*

- Soft drinks
- Energy drinks
- Coffee and tea
- Industrial and concentrated juices

### *Processed Meats*

- Hot dogs
- Salami
- Mortadella

### *Food Additives*

- Artificial colors
- Artificial flavors
- Monosodium glutamate (MSG)
- Heavy sauces (mayonnaise, creamy dressings)

### *Common Allergens*

- Nuts
- Sesame
- Soy products

## **Conclusion**

This policy supports a safe, healthy, and sustainable food environment at EFIPS, in alignment with ADEK's General Policy and ADG2 standards. It aims to foster lifelong healthy eating habits and overall well-being for all students.



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### Approvals

	Name	Designation	Signature & Date
Prepared By:	<b>Shanty George</b>	<b>Registered Nurse</b>	
Prepared By:	<b>Khaled M Ashour</b>	<b>Registered Nurse</b>	
Reviewed By:	<b>Mohammed Taher</b>	<b>Facility coordinator</b>	
Approved By:	<b>Antwanat Al Nassrallah</b>	<b>Principal</b>	