



## Future Leaders International School – Rabdan

### Healthy Eating and Food Safety Policy

#### 1. Policy Statement

FLIS – Rabdan is committed to promoting a culture of healthy eating and ensuring the highest standards of food safety across all school activities. We believe that healthy nutrition supports students' physical health, cognitive development, and overall wellbeing. All food provided, sold, or consumed on school premises will align with ADEK regulations, the UAE's national health priorities, and the school's wellbeing strategy.

The school is also committed to promoting sustainable meal practices that reduce food waste and environmental impact, in line with ADEK's Sustainability Policy.

#### 2. Purpose

The purpose of this policy is to:

- Encourage healthy eating habits among students, staff, and visitors.
- Ensure compliance with ADEK's Healthy Eating and Food Safety standards.
- Safeguard the health of students by implementing strict food safety protocols.
- Provide guidance to parents, staff, and vendors regarding acceptable food and beverage offerings.

#### 3. Scope

This policy applies to:

- All students, staff, and visitors within FLIS – Rabdan premises.
- All food and drink served or sold in the school canteen, vending machines, and during school events.
- All food brought from home by students or staff.
- All vendors and service providers supplying food to the school.

#### 4. Definitions



- **Healthy Eating:** Consuming varied, nutrient-rich foods in proper proportions to maintain physical and mental health.
- **Sustainable Meals:** Meals that promote health and have low environmental impact.
- **Food Services:** All arrangements for serving or selling food during school hours or events.
- **Waste Management:** Reducing and properly disposing of food and packaging waste.

## 5. Healthy Eating Guidelines

### 5.1 School Canteen and Vendors

- FLIS – Rabdan's canteen services are provided by Heritage Village Catering, established in 2014, specializing in nutritious, innovative meals made from scratch with non-processed, additive-free ingredients and healthy fats. Monthly rotating menus are published on the school website and emailed to parents.
- Only foods and beverages that meet ADEK's nutritional standards will be offered.
- Menus will prioritize fresh fruits, vegetables, whole grains, lean proteins, and low-fat dairy.
- Foods high in sugar, salt, saturated fats, and artificial additives are prohibited.
- A vegetarian option will be available daily.
- Beverages offered will be limited to water, low-fat milk, and fresh juices with no added sugar.

### 5.2 Packed Meals from Home

- Parents are encouraged to send balanced meals that include fresh produce, whole grains, and healthy proteins.
- Unhealthy items such as chips, candy, chocolates, carbonated drinks, and high-sugar snacks are not permitted.
- Teachers and supervisors will monitor lunchboxes to ensure compliance and provide gentle guidance to students and parents when needed.
- Parents are encouraged to coordinate with the school when planning cultural celebrations to ensure all foods meet ADEK's healthy eating standards and the school's food safety protocols. Only approved vendors, such as the school's contracted catering provider, may supply food for shared events.
- Foods containing nuts, pork, or any pork-derived products, as well as caffeinated and carbonated drinks, are strictly prohibited on school premises. Parents must ensure that lunchboxes are nut-free and allergen-safe for the protection of all students.



## 5.3

### School Events and Celebrations

- Healthy options must be prioritized for all school events, including birthdays, cultural events, and celebrations.
- Any occasional treats must be balanced with healthy choices.
- Home-prepared food shared with multiple people is discouraged to prevent contamination risks; catering from approved vendors is preferred.

## 6. Food Safety Standards

### 6.1 Storage and Handling

- All perishable foods must be stored at appropriate temperatures (below 5°C for cold items and above 60°C for hot items).
- Vendors must ensure safe packaging, labelling, and hygiene during delivery.
- Expiry dates must be checked regularly, and expired products must be disposed of immediately.

### 6.2 Preparation and Service

- All canteen staff and food handlers must hold valid food safety training certification approved by relevant UAE authorities.
- Handwashing facilities, gloves, and hair coverings must be used during food preparation and serving.
- Cross-contamination between raw and cooked foods must be prevented through separate storage and preparation areas.
- The school nurse and Health & Safety Officer maintain updated records of all students with food allergies or intolerances. Allergy lists are shared with canteen and teaching staff. Clear emergency procedures are in place for responding to allergic reactions, including the location and use of prescribed medication such as EpiPens. All staff receive regular awareness training to identify and respond promptly to signs of an allergic reaction.

### 6.3 Inspections and Compliance

- The school will conduct regular internal inspections to ensure compliance with food safety requirements.
- External inspections by relevant authorities will be fully supported.
- Non-compliance by vendors or staff will result in corrective action or termination of services.
- The Health and Safety Officer will work closely with Heritage Village Catering to ensure daily monitoring of food storage temperatures, hygiene practices, and compliance with all ADEK and Abu Dhabi Food Safety Authority regulations.



- The school strictly prohibits the use of external food delivery services (e.g., Talabat, Deliveroo) during school hours to ensure food safety, hygiene, and compliance with ADEK's Food Services regulations.

## 7. Roles and Responsibilities

### 7.1 School Leadership

- Ensure policy compliance across all areas.
- Approve vendors and canteen menus in line with ADEK standards.

### 7.2 Health and Safety Officer

- Conduct regular inspections and maintain records.
- Ensure staff training on healthy eating and food safety.

### 7.3 Teachers and Staff

- Model healthy eating behaviours.
- Support students in making nutritious choices.

### 7.4 Parents

- Provide healthy meals and snacks from home.
- Support the school's efforts by reinforcing healthy eating habits at home.
- Parents are requested to ensure their child's Student ID Card is topped up in advance to facilitate canteen purchases. Balances can be monitored through the Orison Parent Portal, and top-ups can be made at the school finance office via cash, card, or bank transfer.
- It is the parents' responsibility to ensure that packed meals comply with the school's healthy eating policy. Foods high in sugar, salt, or unhealthy fats will be removed and replaced with healthier alternatives where possible.

### 7.5 Students

- Make healthy food choices and follow safe eating practices.

### 7.6 Nutrition Education

FLIS – Rabdan integrates nutrition and healthy-eating education within the school curriculum and co-curricular programs. Lessons and awareness activities cover balanced diets, reading food labels, sustainable meal practices, and personal responsibility for wellbeing. Competitions and themed weeks promote student engagement with healthy lifestyles.



## 7.7

### Sustainability Practice

FLIS – Rabdan promotes sustainable food consumption by encouraging portion control, waste reduction, and recycling initiatives. The canteen limits single-use plastics and prioritizes reusable or biodegradable packaging. Students, staff, and parents are encouraged to participate in awareness campaigns on sustainable eating and waste management

## 8. Monitoring and Review

- The policy will be reviewed annually to ensure alignment with ADEK regulations and emerging best practices.
- Feedback from students, parents, and staff will inform updates to the policy.
- The Health and Safety Officer will maintain inspection logs, training records, and waste-management data to demonstrate compliance with ADEK's Healthy Eating and Food Safety Policy during school audits.

## 9. Communication

- The policy will be included in the Parent Handbook and published on the school website.
- Healthy eating and food safety awareness sessions will be held for parents, students, and staff
- At the start of each academic year, parents will receive information on the canteen payment process, including Student ID card distribution, top-up procedures, and deadlines to activate services before the first day of school