



Future Leaders International School - Rabdan Healthy Eating & Food Safety Guidelines for Parents

At FLIS – Rabdan, we promote healthy eating habits to ensure our students have the energy, focus, and well-being needed for learning and growth. In line with ADEK's Healthy Eating and Food Safety Policy, parents are requested to follow these guidelines:

1. Hydration

- Children must bring a refillable water bottle to school each day, with their name clearly labeled. To ensure student safety, please avoid sending metal bottles to school.
- Drinking water stations are available around the school for refilling bottles throughout the day.
- Students are encouraged to drink water freely during lessons and breaks to stay hydrated.

2. Packed Lunches and Snacks

- Parents are encouraged to pack balanced, nutritious meals that include fruits, vegetables, whole grains, and healthy proteins.
- Unhealthy food items such as sugary drinks, candy, chocolate, chips, fried snacks, and highly processed foods are not allowed.
- All types of nuts are not allowed in school due to health, safety, and allergy considerations.
- Due to health and safety regulations:
 - We cannot store food in refrigerators.
 - We cannot heat food in microwaves.
- Please ensure that all food is packed in a safe, insulated lunchbox to maintain freshness.

3. School Canteen Services

Our school partners with Heritage Village Catering Services to provide healthy, fresh, and additive-free meals.

- All meals are prepared from scratch, using quality ingredients and healthy fats rather than trans-fats.
- Menus are rotated monthly to ensure variety and meet students' nutritional needs.
- The monthly menu will be:
 - Published on the school website.
 - Sent via email to all parents.

Payment for Canteen Meals

- Students purchase canteen food using their Student ID Cards.
- Parents can top up Student ID Cards through the school's accountant by cash, card, or bank transfer.
- Student ID Cards are distributed through the section administration.
- Parents can check balances through the Orison Parent Portal.
- It is the parent's responsibility to maintain sufficient funds on the Student ID Card.

5. Food Safety at School



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Focus, Lead, Innovate
Succeed

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Future Leaders International Private School
Branch 1

- All food served in the canteen meets ADEK's health and safety standards.
- Students must not share food with others to prevent allergies and foodborne illnesses.
- Parents should inform the school of any food allergies or dietary restrictions in writing.