

# **BCAD HEALTHY EATING AND FOOD SAFETY POLICY**

**INTEGRATED MANAGEMENT SYSTEM  
(ISO 9001:2015, ISO 14001:2015, ISO 45001:2018, ISO 41001:2018,  
ADOSH SF)**



A Bloom Education Initiative

**BRIGHTON COLLEGE ABU DHABI**  
**Bloom Gardens, Khalifa Park, Abu Dhabi, United Arab Emirates**

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 <p><b>BRIGHTON COLLEGE</b> <b>ABU DHABI</b> A Bloom Education Initiative</p>	<b>BRIGHTON COLLEGE ABU DHABI</b>	
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## **1. Policy Statement**

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### **1. School Healthy Eating and Food Safety Policy**

#### **1.1 Policy Requirements:**

Schools shall develop and implement a Healthy Eating and Food Safety Policy, in line with this policy.

#### **The policy shall:**

1. Set out the school's commitment to the provision of healthy food choices and the encouragement of healthy and sustainable meal practices, and the steps to be taken in relation to this, including:

- a. Measures to foster an environment conducive to healthy eating in line with Section 2. Promotion of Healthy and Sustainable Eating.
- b. Adherence to the nutritional standards prescribed in the Abu Dhabi Guideline for Food in Educational Institutions in the Emirate of Abu Dhabi, if the school offers food service.
- c. Measures to actively supervise students during snack/mealtimes to:
  - 1) Ensure that students are consuming acceptable foods (e.g., not bringing allergens that may harm other students, etc.).
  - 2) Ensure all students have access to a meal every day (unless fasting).
  - 3) To be vigilant about concerning food-related behaviour (eating disorders, food-related bullying, etc.).
- d. Measures to improve the sustainability of food consumption practices, in line with the school's sustainability strategy (see Section 5. Sustainability).

2. Set out the school's commitment to adhere to the hygiene and food safety standards prescribed in the Abu Dhabi Guideline for Food in Educational Institutions in the Emirate of Abu Dhabi in relation to food preparation, packaging, transportation, and handling.

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3. Set out measures for shared events by the school to ensure certain food items (e.g., alcohol, carbonated drinks, pork, and allergens) are prohibited. Schools are authorized to commit to further stringent measures for shared events, to ensure stricter healthy eating guidelines and/or sustainable practices.
4. Set out measures taken by the school to promote the inclusion of minority groups and the safety of students with allergies and food intolerances (see Section 4. Special Considerations).
5. Be published on the school website and made accessible to staff, students, vendors, and parents.

## **2. Promotion of Health Eating**

**2.1 Healthy Food Promotion:** Schools shall create a healthy food culture that encourages a healthy eating environment of nutrition-rich foods for all members of the school community.

1. Unsafe food items such as those containing allergens (e.g., nuts) are prohibited for personal consumption or distribution on school premises.

**2.2 Healthy Food Services:** Schools offering food services shall provide students and staff with healthy, nutrient-rich food in line with the requirements of the Abu Dhabi Guideline for Food in Educational Institutions in the Emirate of Abu Dhabi.

1. Schools shall obtain the necessary valid licenses and maintain inspection records and notices.

**2.3 Nutrition Education:** Schools shall deliver nutrition education to students through the formal curriculum and other engagement strategies (e.g., competitions, and workshops) to enable them to make active and informed choices. Schools shall ensure that the curriculum covers the following topics, at a minimum:

1. Healthy and balanced eating.
2. Reading of food labels.

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### 3. Sustainable meal practices.

**2.4 Staff Awareness:** Schools shall ensure teachers and canteen staff attend training conducted by the Abu Dhabi Public Health Centre (ADPHC) and other relevant entities in relation to healthy eating, to enable them to promote healthy eating when supervising and/or interacting with students.

### 2.5 Parent Engagement:

1. Schools shall share guidelines with parents regarding healthy and balanced eating. These guidelines shall include food restrictions (e.g., allergens like nuts, and caffeinated beverages) as mandated by the Abu Dhabi Quality and Conformity Council (QCC) and “unhealthy” food that the school recommends

parents avoid packing (e.g., fried food) that could lead to long-term health issues such as obesity, high cholesterol, type 2 diabetes, etc. Schools shall make a reference to the guidelines in the school-parent agreement, as per the ADEK School Parent Engagement Policy.

2. Schools shall share with parents any relevant guidelines shared by ADEK, ADPHC, QCC, Abu Dhabi Agriculture and Food Safety Authority (ADAFSA), or the Department of Health (DoH) in relation to children’s health, nutrition, and allergies.

3. For events where food sharing has been authorized by ADEK, schools shall communicate to parents that any food brought in shall adhere to the Abu Dhabi Guideline for Food in Educational Institutions in the Emirate of Abu Dhabi.

4. Schools shall communicate all food-related concerns (all instances included in Section 1.1.c) to parents on the same day as the concern was noticed.

## 3. Food Services

**3.1 Quality Check and Compliance:** Schools shall adhere to the Abu Dhabi Guideline for Food in Educational Institutions in the Emirate of Abu Dhabi and Federal Law No. (10) of 2015 on Food Safety in the provision of food services.

**3.2 Food Delivery Services:** Schools shall not permit students to use external food delivery services (e.g., Talabat) during school hours.

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**3.3 Student Feedback:** Schools shall engage the student body in planning and improving school food services (e.g., through feedback forms).

#### **4. Special Considerations**

**4.1 Consideration for Minority Groups:** Schools shall take into consideration the religious, cultural, and ethical needs of minority groups, and shall involve these groups in decision-making related to food services and the use of food labels.

**4.2 Consideration for Students with Food Allergies and Intolerances:**

1. Schools shall undertake the following measures to support students with allergies, in line with the requirements of the Abu Dhabi Guideline for Food in Educational Institutions in the Emirate of Abu Dhabi:

- a. Maintaining records of students' food allergies and intolerances and keeping a copy of the records in the school canteen.
- b. Ensuring that food labels provide warnings regarding allergens in food provided through the school's food services.

2. Additionally, schools shall:

- a. Consider students' allergies and intolerances when planning school activities and meals to ensure the basic food offering suits as many students as possible as it is or with minor modifications.
- b. Require parents to notify the school immediately if their child develops an allergy and provide the relevant medicines to the school.
- c. Share food allergy records of students with relevant staff members and respective parents and students to minimize the risk of accidental exposure to allergenic food substances.
- d. Conduct risk assessments related to student allergies and implement appropriate risk mitigation measures.
- e. Have procedures to effectively manage allergic reactions of students, including clear procedures to deal with severe allergic reactions.
- f. Appropriately label and store medicines required to manage student allergies.

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## 5. Sustainability

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**5.1 Sustainable Meal Practices:** Schools shall develop and implement a strategy to improve the sustainability of their food services and promote sustainable meal practices, in line with the ADEK School Sustainability Policy. This may include initiatives in relation to the following:

1. Sustainable practices in the delivery of food services:
  - a. Provision of sustainable meals and food products (e.g., plant-based meals, locally produced and low carbon footprint products).
  - b. Waste reduction and management (e.g., prevention of overstocking, portion control, waste recycling), including reduction and management of packaging.
2. Promotion of sustainable practices amongst staff, students, and parents (e.g., reduction of food waste, recycling, avoidance of single-use containers).

## 6. Sustainability

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6.1 This policy shall be effective as of the start of the Academic Year 2024/25 (Fall term). Schools are expected to be fully compliant with this policy by the start of the Academic Year 2025/26 (Fall term).

6.2 Failure to comply with this policy shall be subject to legal accountability and the penalties stipulated in accordance with the ADEK's regulations, policies, and requirements, notwithstanding any other penalties imposed by Federal Decree Law No. (31) of 2021 Promulgating the Crimes and Penalties and its amendments or any other relevant law. ADEK reserves the right to intervene if the school is found to be in violation of its obligations.

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## **7. Monitoring and Review**

This Policy is reviewed annually to ensure continued suitability and any changes made will be communicated through the processes outlined in the communication and consultation procedure.

All controlled documents produced by ADEK OSH Section are reviewed every three years unless changes to EHS legislation, corrective actions or continuous improvement processes require more frequent review. ADEK OSH Section will review the Master Document Register regularly to determine documents requiring review.

Any documents created locally should also be reviewed by the school's OSH Committee on a periodic basis.

ADEK OSH Section is the custodian of ADEK issued OSH documentation and is responsible for:

- Developing, approving, reviewing and distributing OSH documentation and ensuring that these documents are maintained and easily accessible by all schools on the ADEK portal.
- Providing advice to College personnel regarding the requirements of locally produced documents.

## **8. Related Documents/References**

- ADOSF SF, Version 4.0, July 15, 2024, Element 9.0, Compliance and Management Review
- ADOSF SF, Version 4.0, July 15, 2024, CoP 9.0, Workplace Wellness
- ISO 45001:2018 – Occupational Health and Safety Management System
- ISO 14001:2015 – Environmental Management System
- ISO 41001:2018 – Facility Management System
- Policy No. 64 ADEK Private Schools Policy and Guidance Manual