BRIGHTON COLLEGE ABU DHABI

Healthy Eating Policy

Date
October 2026

Version 4

1. Policy Statement

Brighton College Abu Dhabi (BCAD) is committed to creating a safe, inclusive and sustainable food environment that promotes healthy eating, supports pupil wellbeing and learning, and meets applicable food-safety and nutrition requirements. The College recognises that eating habits formed during childhood can have a lasting impact on physical health, mental wellbeing and readiness to learn.

This policy applies to food and beverages provided, sold, served, brought from home or otherwise consumed on College premises during the school day, extracurricular activities and College-sponsored events. It applies to pupils, staff, visitors, contractors and food-service providers as relevant.

BCAD will comply with the ADEK School Food and Nutrition Policy and the Abu Dhabi Guideline for Unified School Nutrition and Food Safety (ADG2), including requirements concerning healthy eating, food safety, allergies, sustainability, food marketing and parent engagement.

Please note: Brighton College Abu Dhabi is a nut-free and pork-free school

2 Aims and Purpose

- Create a positive culture in which healthy, balanced and sustainable food choices are the norm.
- Ensure food provision, lunchboxes and school events meet ADEK/ADG2 requirements.
- Protect pupils with allergies, intolerances, medical dietary requirements.
- Develop age-appropriate food and nutrition literacy in the curriculum and wider College life.
- Promote hydration and good hygiene.
- Use positive, non-judgmental language about food and body image, with a focus on health and wellbeing rather than appearance.
- Work in partnership with pupils, parents, staff and food-service providers to improve practice continuously.
- Reduce food waste and the environmental impact of food provision and consumption.

3 Roles and Responsibilities

3.1 College Leadership Team

- Ensure this policy is implemented, published and reviewed annually or sooner when regulatory requirements change.
- Ensure food-service contracts, licences, inspection records and supplier approvals are current and compliant
- Ensure appropriate systems exist for lunchbox monitoring, allergy management, complaints, parent communication and staff training.

- Ensure the Parent Handbook and parent-school agreement reference this policy and the applicable lunchbox and food-compliance requirements.

3.2 Staff

- Actively supervise snack and meal times and model positive food behaviours.
- Use supportive language about food, health and body image and avoid stigmatising terms or commentary about weight or appearance.
- Follow hygiene, allergy, food-sharing and lunchbox-compliance procedures.
- Report food-related wellbeing concerns, bullying, restrictive eating or other concerning behaviour through the appropriate pastoral/medical route and ensure parents are contacted on the same day when a concern is identified.

3.3 Parents and Pupils

- Parents are expected to provide food that complies with this policy and to inform the College promptly of allergies, intolerances or other dietary requirements.
- Pupils are expected to follow hygiene expectations, not share food, respect others' dietary needs and dispose of/repack waste appropriately.
- Parents and pupils should engage constructively with supportive communication where a lunchbox or food item does not meet requirements.

4 Healthy Eating Environment

4.1 Scope of Healthy Eating Requirements

ADG2 requirements apply across canteens, cafés, kiosks, vending machines, food brought from home, food served in class, extracurricular activities and College-sponsored events. BCAD will not permit the sale, service, display or promotion of food that does not meet the applicable nutritional requirements.

4.2 Active Supervision of Meals and Snacks

- Staff will conduct respectful visual compliance checks of a sample of lunchboxes every school day.
- Every pupil will have access to a meal each day unless fasting. Where a pupil has no food, the College will arrange an appropriate meal through its food service and notify the parent; any charge will be handled in line with the parent-school agreement.
- All staff on duty will actively supervise groups of pupils during meals.
- Pupils will never be forced to eat.

4.3 Balanced Meals and Snacks

Lunches should follow ADG2 "MyPlate" principles and contain an appropriate balance of food groups and portion sizes. Snacks should meet ADG2 snack requirements. Desserts or sweet baked items that meet ADG2 limits may be consumed only at breakfast or snack time, not as part of lunch, and are limited to one portion per break period.

BCAD will encourage balanced meal options through its food service and may structure individual items into complete meal options rather than promoting isolated items that do not constitute a balanced lunch. Financial circumstances will be handled sensitively and supportively.

4.4 Hydration

- Water is the default beverage for school meals and College events.
- Water will be available throughout the College and pupils will be regularly reminded to drink, particularly before, during and after physical activity.
- Pupils should bring a clean, filled, clearly named water bottle each day.

4.5 Food Sharing, Rewards and Birthdays

- BCAD operates a no-sharing approach for pupil food during the normal school day. This reduces allergy, food-safety and dietary risks and respects individual family, cultural and medical requirements.
- Food must not be used as a punishment or as a routine reward.
- Class birthdays and similar celebrations should use non-food alternatives such as cards, small stationery items or class recognition. Birthday cakes, sweets and chocolate should not be brought into College.
- Where food sharing or sale is specifically authorised for a larger College event, food must meet ADG2 requirements, be appropriately handled and stored, and be labelled where appropriate to identify ingredients/allergens. Any additional consent requirements will be communicated to parents.

4.6 Lunchbox Compliance

- Lunchbox monitoring will be conducted in a non-invasive, respectful and non-judgmental manner. The purpose is education and safety, not punishment.
- If a non-compliant item is identified, the parent will be notified on the same day with supportive guidance and a reminder of appropriate alternatives.
- Where BCAD has notified a family three times about non-compliant food and the College food service is available, a healthier alternative meal will be provided in line with ADEK requirements. Parents will be notified of any charge in accordance with the parent-school agreement.
- BCAD may ask a pupil to put away a non-compliant snack or beverage for return home. Food will not be discarded. Confiscation will only be used if a compliant donation system is in place.

- Non-compliant items that are put away or returned home must not be eaten elsewhere on College premises or on a College bus.
- Repeated non-compliance will be addressed through supportive engagement involving appropriate staff such as the nurse, wellbeing/pastoral lead, counsellor or child-protection personnel as relevant.
- Where a replacement meal is required due to continued non-compliance following previous advice and intervention, the cost of the replacement meal may be charged to the parent or carer. Parents or carers will be informed of the concern, the steps already taken and the proposed action before this arrangement is implemented.

4.7 Personal Hygiene

- Pupils should wash or sanitise their hands before eating.
- Handwashing/sanitisation signage will be displayed in eating areas.
- Staff will support younger pupils with hygiene after eating where needed.

4.8 Microwaves

Microwaves will not be placed in visible pupil-access areas and pupils are not permitted to use microwaves at College. Any staff use must comply with food-safety and hygiene procedures.

5 Nutrition Education and Positive Food Culture

5.1 Curriculum

Nutrition education will be taught through appropriate curriculum areas, including PSHME, Science and wider enrichment. As a minimum, pupils will be taught about:

- healthy and balanced eating
- reading and understanding food labels
- sustainable meal practices
- the impact of food marketing on dietary choice

Learning may also be reinforced through assemblies, competitions, practical food activities, pupil voice, workshops and age-appropriate projects.

5.2 Staff Awareness and Modelling

- Relevant staff will attend training provided or endorsed by ADPHC and other relevant authorities concerning healthy eating, allergen identification and emergency response.
- Staff will model balanced food choices and respectful mealtime habits and will avoid consuming or visibly promoting non-compliant food in front of pupils.
- Staff will use wellbeing-focused language and will not describe people or food using stigmatising body-image terms such as “fat”, “skinny” or “junk”.

5.3 Parent Engagement

- Healthy eating and lunchbox guidance, including the restricted “Red List”, will be shared at the start of each academic year and with new families on admission.
- This policy and associated guidance will be referenced in the Parent Handbook and parent-school agreement.
- Relevant guidance issued by ADEK, ADPHC, QCC, ADAFSA or the Department of Health will be shared with families as appropriate.
- All parent communication will be clear, supportive, non-blaming and responsive to cultural, medical and individual dietary needs.

6 Food Services and Catering

- BCAD food services will comply with ADG2 requirements, applicable food-safety legislation and relevant ADPHC/ADAFSA requirements.
- Valid licences, inspection records and notices will be maintained.
- Contracts with food-service providers will explicitly require compliance with ADG2 and ADPHC requirements.
- Food-service suppliers must be SEHHI-certified and approved, or formally registered and operating subject to obtaining SEHHI certification as required.
- Any identified food-service non-compliance will be reported to ADAFSA in accordance with ADEK requirements.
- The use of external food delivery services by pupils is not permitted during school hours. Any food received through such services will be confiscated and parents will be informed. Staff may use food delivery services; however, this should be undertaken discreetly and in a manner that does not promote non-compliant food products or brands to pupils.

7 Allergies, Intolerances and Special Requirements

- Allergy and intolerance information will be collected before admission and updated whenever circumstances change.
- Parents must notify the College immediately if a pupil develops an allergy or intolerance and must provide any prescribed emergency medication and relevant medical information.
- Allergy records will be shared with relevant staff and a current copy will be available to the school canteen/food-service team.
- Food supplied by the College will carry appropriate allergen information and warnings.
- Risk assessments and appropriate mitigation measures will be in place for pupils with allergies, including clear procedures for severe allergic reactions in line with the College Health and Safety Policy.
- Medicines required for allergic reactions will be appropriately labelled and stored.
- Activities, meals and snacks will be planned with reasonable consideration of allergy, intolerance, religious, cultural and ethical needs.
- Parents seeking special dietary arrangements for medical conditions, high-performance sport or other justified needs should submit a written request. BCAD will work with approved providers to make reasonable and safe arrangements.

BCAD maintains a strict no-nuts policy. In addition, soy/soybean and sesame products are not permitted because they are included on the ADG2 Red List. BCAD is also a pork-free school.

8 College Events and Community Activities

- Food provided, sold or shared at large-scale events such as International Day, fairs, fundraisers, sports events or cultural celebrations must meet ADG2 requirements.
- “Red List” items are prohibited at College events unless a specific ADEK-authorised exception applies.
- Event organisers must ensure appropriate food handling, storage, labelling and allergen controls.
- BCAD may apply stricter healthy-eating or sustainability standards for College events where appropriate.

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9 Sustainability

- Where practicable, food services will consider locally produced, lower-carbon and plant-based options that also meet nutrition requirements.
- The College will promote food-waste reduction, appropriate portioning, recycling and reduction of single-use packaging and containers.

10 Food Marketing and Promotion

- BCAD and its food-service providers will use age-appropriate positive messaging and visual prompts to encourage healthy food and hydration choices.
- The display, sale or advertisement of non-compliant foods and related brands is prohibited on College premises and at College-sponsored events.
- This includes indirect promotion through branded delivery bags, sponsorship, promotions, deals, gifts, toys or prizes linked to non-compliant food and beverages.
- Where commercial sponsorship of an event is required, the College will select appropriate sponsors consistent with ADG2 expectations.

11 Complaints, Feedback and Continuous Improvement

- BCAD will maintain records of food-related complaints and respond through established College procedures and the ADEK School Records Policy.
- Pupils, parents, staff and food-service providers will be invited to contribute to continuous improvement through suitable mechanisms such as surveys, food-tasting sessions, pupil voice or menu feedback.
- Patterns of non-compliance, allergy incidents, food-related wellbeing concerns and complaints will be reviewed to identify required actions or further education.

12 Monitoring and Implementation

The Head Master, supported by the College Leadership Team and relevant health, pastoral and operations staff, is responsible for monitoring implementation. This policy will be reviewed at least annually and sooner where ADEK, QCC, ADPHC, ADAFSA or other relevant requirements are amended.

Policy to be reviewed and checked annually by the Head Master.

Head Master on behalf of the College:



On behalf of the board of Governors:



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Version No	Description of Change	Owner	Date of Issue
1.0	New Policy	D Cummings	09/2022
2.0	Change from Head Mistress to Head Master	R Forsythe	10/2023
3.0	No change	R Forsythe	10/2024
4.0	In line with most up to date ADEK policy	DHPs	10/2026

Brighton College Abu Dhabi Policies and Guidelines

Policy Statement

Brighton College Abu Dhabi policies have been developed by the College Leadership Team (CLT) with input and guidance from the Brighton College network, including Brighton College UK.

Policies reflect current best practice.

At the time of writing, policies aligned with the following:

- ADEK Guidance and Guidelines for Private Schools
- MOE United Arab Emirates School Inspection Framework

The College's School Development Plan written for ADEK approval

- Standards for British Schools Overseas (DfE)
- COBIS Accreditation and Compliance
- Bloom Education and Bloom Holding policies where applicable

Should any regulations change or develop further, the policies will be reviewed to ensure continued alignment.

Policy Structure

Policies will show the date of writing and reviews on them. Version control will also be in place. Should there be an error or inaccurate fact in any policy, a CLT member should be notified.

Appendix A - ADG2 Restricted "Red List" Foods and Beverages

The following items are not permitted for pupil consumption on College premises, whether provided by the College or brought from home. This is a practical summary of the ADEK appendix; current ADG2 requirements should always be consulted where there is uncertainty.

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Category	Examples / BCAD application
Deep-fried foods	Fried chicken, falafel, samosas, fries and similar deep-fried items. Oven-baked, air-fried or roasted alternatives may be suitable.
High-sugar/high-fat sweets and desserts	Cakes, donuts, croissants, sweet pastries, marshmallows, candy, lollipops, ice cream, slushies and chocolate under 50% cocoa.
Soft drinks	Regular, diet and zero-calorie sodas.
Energy and sports drinks	Not permitted except specified isotonic drinks under the limited ADG2 conditions for athletes/physically active pupils.
Caffeinated beverages	Hot or iced coffee and caffeinated teas.
Fruit syrup drinks	Drinks labelled or marketed as fruit “beverage”, “cocktail”, “drink” or “made from real fruit juice” where these are syrup-based. 100% juice without added sugar is limited to 200 ml.
Non-halal / pork / alcohol-containing foods	BCAD does not permit non-halal meat, pork derivatives or foods containing added alcohol.
Processed meats	Hotdogs, sausages, mortadella, pepperoni, salami, smoked turkey, smoked salmon, bacon and other deli meats.
High-fat meat products	High-fat cuts of beef, lamb and camel.
Artificial colours/flavours and specified additives	Includes E110, E104, E122, E129, E102, E124, RED40, YELLOW5, YELLOW6 and BLUE1, and other chemically manufactured artificial colours/flavours not permitted by ADG2.
MSG and flavour enhancers	Foods containing monosodium glutamate or non-compliant flavour enhancers.
High fructose corn syrup	Products containing HFCS.
Non-permitted artificial sweeteners	Artificial sweeteners not listed under UAE.S 192:2019.
Non-compliant dairy drinks	Flavoured/sweetened dairy products or products above applicable sugar/fat thresholds.

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Category	Examples / BCAD application
Soy products	Soy milk, sauces containing soy and soybean/soy derivatives.
Cheese imitations	Imitation cream cheese, processed sandwich slices, flavoured cheese slices and similar highly processed imitation products.
High-salt pickled vegetables	Pickled vegetables high in salt/preservatives.
High-calorie sauces/dressings	High-sugar/salt/fat products such as full-fat mayonnaise, many ready sauces and non-compliant ketchup.
Allergens on the ADG2 Red List	All nuts and nut products, peanuts and peanut products, soybean/soy products and sesame seeds/sesame products.

Appendix B - Lunchbox and Snack Guidance

Families should aim for simple, balanced foods that are easy for children to manage independently and that do not contain Red List ingredients. Examples below are illustrative and should be checked against current product labels.

Suitable snack ideas	Suitable lunch ideas
Fresh fruit, cut appropriately for age (e.g., grapes halved lengthways)	Wholegrain sandwich/wrap with grilled chicken, egg, tuna or natural cheese plus vegetables
Fresh vegetables such as cucumber, carrot or cherry tomatoes, cut safely	Pasta or rice salad with vegetables and grilled chicken/fish
Plain unsweetened yoghurt with fruit (check ingredients for compliance)	Baked sweet potato with vegetables, natural cheese or beans (check for compliant ingredients)
Natural cheese with wholegrain crackers	Quiche with vegetables and a side salad
Hard-boiled egg	Rice bowl with vegetables and grilled lean protein
Plain wholegrain muffin or low-sugar baked item that meets ADG2 requirements	Tuna and mixed salad with egg
Unsalted seeds permitted by ADG2, where age-appropriate and safe	Grilled chicken with wholegrain carbohydrate, vegetables and fruit
Water; or up to 200 ml 100% fruit juice with no added sugar	Balanced leftovers served cold where food safety can be maintained; pupil use of microwaves is not permitted

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Appendix C - Lunchbox Non-Compliance Response

1. Daily visual spot checks are completed on a sample of lunchboxes.
2. If a non-compliant item is identified, the pupil is treated respectfully and the parent is contacted the same day with supportive guidance.
3. The item may be put away for return home. It must not be eaten elsewhere on College premises or on the school bus.
4. After three notifications, where College food services are available, a compliant alternative meal is provided and charging is handled in line with the parent-school agreement.
5. Repeated non-compliance is escalated for supportive engagement with appropriate pastoral/medical staff.
6. Food is not discarded. Confiscation is only used where an approved donation process exists.

Appendix D - Policy References

- ADEK School Food and Nutrition Policy, Version 1.2, November 2025.
- Abu Dhabi Guideline (ADG2): Abu Dhabi Guideline for Unified School Nutrition and Food Safety, QCC, 2025 (and amendments).
- Federal Decree Law No. 10 of 2015 on Food Safety.
- ADEK School Physical Education and School Sports Policy.
- ADEK School Health and Safety Policy.
- ADEK School Parent Engagement Policy.
- ADEK School Records Policy.
- ADEK School Sustainability Policy.