



## **FOOD AND NUTRITION POLICY**

*Effective From: January 2026*

*Review Date: January 2027*

### **1. Introduction**

Shaikh Khalifa Bin Zayed Bangladesh Islamia School is committed to promoting the health, safety, and wellbeing of all students. Healthy eating plays a vital role in academic performance, physical development, and overall wellbeing. In accordance with the **ADEK School Food and Nutrition Policy (v1.2, 2025)** and the **Abu Dhabi Guideline for Unified School Nutrition and Food Safety (ADG2)**, the school promotes a safe and nutritious eating environment.

Shaikh Khalifa Bin Zayed Bangladesh Islamia School **does not operate a school canteen or sell any food items**. All students bring food and beverages from home; therefore, this policy focuses on **home-packed tiffin/lunchbox guidelines** and the creation of a healthy food culture.

### **2. Purpose of the Policy**

This policy aims to:

- Encourage healthy eating habits and balanced nutrition among students.
- Ensure the food environment remains safe, supportive, and free from prohibited food items.
- Guide parents in preparing nutritious tiffin/lunchboxes in line with ADG2 guidelines.

- Establish procedures to protect students with allergies and special dietary needs.
- Promote sustainable food practices and reduce waste.

### **3. Scope**

This policy applies to:

- All students and staff.
- All food brought from home for daily meals, snacks, events, trips, and celebrations held on school premises.
- Visitors and vendors participating in school events.

### **4. Promotion of Healthy Eating**

The school encourages:

- Balanced meals aligned with **ADG2 “My Plate” standards**, including fruits, vegetables, whole grains, protein, and dairy.
- Water as the only allowed beverage.
- Healthy choices through posters, assemblies, awareness sessions, and classroom discussions.
- Staff role modeling through positive food attitudes and supportive supervision.

### **Daily Supervision**

School Nurse will:

- Supervise meals for KG–Cycle 1 students.
- Conduct **visual spot checks** of lunchboxes respectfully.
- Report concerns immediately to parents if necessary.

## **5. Home-Packed Lunchbox Guidelines**

Parents are expected to follow the ADG2 requirements for healthy lunchboxes:

### **A. Permitted Healthy Food Options**

- ✓ Fresh fruits and vegetables
- ✓ Whole grain sandwiches, chapati/roti wraps, rice with lean protein
- ✓ Boiled eggs, grilled chicken, legumes
- ✓ Milk (plain only), yogurt (unsweetened)
- ✓ Healthy snacks: plain popcorn, whole grain crackers, hummus, fruit salad

### **B. Hydration**

- ✓ **Only water** is allowed as the primary beverage.
- ✓ Students should bring a refillable bottle.

### **Prohibited “Red List” Food Items (Strictly Not Allowed)**

- ☐ Soft drinks, energy drinks, iced tea, colored/fruit syrup juices
- ☐ Chips, fried foods, instant noodles, samosa, pakora, nuggets, fries
- ☐ Chocolates, cakes, donuts, pastries, marshmallows, candy, ice cream
- ☐ Processed meats: hotdogs, sausages, salami, pepperoni, mortadella
- ☐ Foods with artificial colors, flavors, MSG, or additives
- ☐ Nut products and peanut items (Allergy risk)
- ☐ High-fat spreads and sauces such as mayonnaise, ketchup, chili sauces

## **C. Microwave Usage**

Microwaves will **not be provided** for reheating food for safety and hygiene reasons.

## **6. Food Sharing**

- Food sharing is **strongly discouraged** to avoid allergic reactions, hygiene concerns, and diet restrictions.
- If approved for an event, only food meeting ADG2 standards is allowed and must be clearly labeled.

## **7. Students With Allergies & Special Dietary Needs**

The school will:

- Maintain updated records of allergies.
- Display allergy awareness signage.
- Communicate and monitor safety through the school clinic team.

Parents must:

- Inform the school immediately about new allergies and provide necessary medications.

## **8. Sustainability Practices**

The school encourages:

- ☐ Reusable containers and cutlery
- ☐ Avoiding single-use plastics
- ☐ Packing portion-controlled meals to reduce waste
- ☐ “Zero-Waste Lunchbox” model: return all wrappers home

## **9. Parent Engagement**

- Policy and guidelines will be shared at the beginning of each academic year.
- Parents will be invited to nutrition awareness sessions once per term.
- Non-compliance notifications will be shared supportively .

## **10. Enforcement & Non-Compliance**

- Teachers may request students to keep away non-compliant food items.
- Items will be returned home unopened.
- Repeated cases will result in meeting with parents, nurse and Wellbeing Officer.

## **11. Recording and Reporting**

The school will record:

- Food-related health complaints, allergy reactions, bullying regarding food, or improper behavior.

## **12. Communication and Publication**

This policy will be:

- Published on the school website.

- Shared with parents and staff.
- Included in the parent handbook.

### 13. Review

This policy will be reviewed annually or whenever ADEK updates requirements.

Reviewed Date: 5th Jan 2027

A handwritten signature in green ink, appearing to read 'Shaheena J.', is written over a light blue grid background.

Principal

