



Healthy Eating and Food Safety Policy

Draft Revision Date	01 October 2024
Approved by Board of Trustees:	
Indicative Review Date:	01 October 2025

1. Introduction, Purpose, and Objectives

A safe and healthy diet is essential for physical and mental health and contributes significantly to overall wellbeing.

Pinnacle American School recognizes its duty to foster a **safe, healthy, and sustainable food environment** that encourages positive eating habits and supports the wellbeing of all students, staff, and visitors.

This policy sets out the **minimum standards and procedures** required to ensure full compliance with **ADEK and national food safety regulations**.

Compliance Timeline:

- **Full Compliance Required By:** Start of Academic Year 2025/2026 (Fall Term)

2. Policy Requirements

The school shall develop and implement a **Healthy Eating and Nutrition Policy** aligned with the **ADEK Healthy Eating and Food Safety Policy**, ensuring the following:

2.1 School Commitments

a. Healthy Eating Environment:

Create an environment that promotes healthy eating and aligns with *Section 2 – Promotion of Health and Sustainability*.

b. Nutritional Standards:

Comply with the *Abu Dhabi Guideline for Food in Educational Institutions* (QCC, 2022) where food services are offered.



c. Legal Compliance:

Adhere to *Federal Decree Law No. (10) of 2015 on Food Safety* and all other applicable UAE food regulations.

d. Supervision During Meals:

Actively supervise students during snack and meal times to:

- Ensure only acceptable foods are consumed (e.g., avoid allergenic or harmful foods).
- Ensure every student has access to a meal daily (unless fasting).
- Identify concerning eating behaviors (e.g., binge eating, food restriction, or purging).

e. External Food Service Providers:

If food services are outsourced, ensure that all providers hold valid **licenses and permits** from the relevant authorities prior to operation.

f. Food Handler Permits:

Ensure that all staff and contractors designated as **Food Handlers** possess a valid permit from the relevant authority.

3. Food Environment and Service

a. Nutritional Standards:

All food and beverages provided on school premises (canteens, cafeterias, vending machines, etc.) must comply with the *Abu Dhabi Guideline for Food in Educational Institutions* (QCC, 2022).

b. School Events and Fundraisers:

All food and drinks provided or sold during school events, field trips, or fundraisers must comply with the same QCC (2022) nutritional standards.

c. Access to Water:

Provide **free and accessible potable water** for all students and staff throughout the school day.

d. Meal Breaks:

Ensure sufficient and comfortable **time for students to eat** their meals and snacks.



4. Education, Communication, and Stakeholder Responsibility

The school shall develop and implement a **Healthy Eating Education and Communication Plan** to:

a. Educate Students and Staff:

Deliver learning opportunities on healthy eating, food safety, and sustainability.

b. Communicate with Stakeholders:

Share the school's policy and expectations with all community members — students, staff, parents, and contractors.

c. Parent Engagement:

Encourage parents to provide healthy food from home and follow the *QCC 2022* nutritional guidelines.

d. Curriculum Integration:

Include nutrition and food safety concepts in relevant subject areas where appropriate.

5. Food Safety and Allergy Management

a. Food Safety Implementation:

All school food operations and service providers must adhere to food safety regulations covering hygiene, storage, preparation, and serving.

b. Allergy Management:

Develop and implement procedures for managing allergies and emergency responses to **anaphylaxis**.

c. Medication Storage:

Ensure proper labeling and storage of medicines used for managing student allergies.

6. Sustainability

Pinnacle American School shall promote **sustainable meal practices** in accordance with the **ADEK Sustainability Policy**, including:

a. Sustainable Food Services:

Implement environmentally responsible practices in food delivery and service.



b. Sustainable Food Products:

Encourage locally sourced, plant-based, and low-carbon food options.

c. Waste Reduction:

Apply waste management practices such as portion control, recycling, and reduced packaging use.

d. Community Awareness:

Promote sustainability among students, staff, and parents — including food waste reduction, recycling, and minimizing single-use plastics.

7. Eat Right Get Active (ERGA)

To reinforce healthy eating and lifestyle habits:

- The school conducts **two activities per month** where students bring **homemade healthy meals** (e.g., salads, fresh juices, and fruits).
- These activities promote healthy food choices during the first and second breaks.

8. Moderate to Vigorous Physical Activity (MVPA)

To complement the Healthy Eating Policy:

- In addition to regular **Physical Education (PE)** lessons, students participate in **brief classroom exercises every 40 minutes** to encourage movement and relaxation.
- When weather permits, the school organizes **inter-house sports tournaments** for both boys and girls during break times.

9. Compliance and Monitoring

- This policy is **fully aligned and compliant** with ADEK requirements, including mandatory timelines, food handler certification, and event restrictions.
- The policy will be **reviewed annually** to ensure continued compliance and improvement.