



## Food and Nutrition Policy

**Approved by:**

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Chairwoman

**Date:**

10/04/2026



**Effective Date:**

10/04/2026

### Revision History

Revision Date	Version Number	Revised By	Signature
09/04/2026	02	Eva Sanchez Castillo Principal	



## 1. Purpose

The purpose of this Food and Nutrition Policy is to ensure that the Spanish School of Abu Dhabi (SSAD) provides and maintains a safe, healthy, inclusive, and sustainable food environment for all members of the school community.

This policy establishes the principles, procedures, and responsibilities required to:

- Promote healthy eating habits and nutritional awareness among students
- Safeguard student wellbeing and prevent diet-related health risks
- Ensure that all food consumed in the school meets the Abu Dhabi Guideline for Unified

School Nutrition and Food Safety (ADG2) requirements

- Guarantee proper hygiene, food safety, and allergen protection
- Establish clear compliance procedures for monitoring and enforcement
- Encourage environmentally responsible food practices and waste reduction
- Support a positive food culture within the school community

The school recognizes that a healthy diet contributes significantly to students' physical and mental wellbeing and therefore commits to actively promoting healthy eating environments and responsible food consumption practices across all school activities.

## 2. Scope

This policy applies to all food and beverage consumption within the school environment and during any school-related activity.

The policy applies to:

- All students (KG to Secondary)
- All staff members
- Contractors and vendors
- Parents and visitors
- Food service providers
- Food brought from home
- Food served at school events and celebrations
- Food provided during extracurricular activities or school trips

All stakeholders are expected to comply with the provisions established in this policy.

## 3. Policy Statement

The Spanish School of Abu Dhabi is committed to creating a healthy school food environment that supports student wellbeing and encourages balanced dietary habits.





The school will ensure that:

- All food provided or consumed on campus complies with ADEK School Food and Nutrition Policy v1.2 and ADG2 requirements
- All food services operate in accordance with UAE food safety legislation
- The school environment actively promotes healthy eating habits
- Food safety, hygiene, and allergen protection are consistently maintained
- Sustainable food consumption practices are promoted across the school community

The school reserves the right to adopt stricter internal measures where necessary to safeguard student wellbeing and maintain compliance with regulatory standards.

#### 4. Halal Compliance

The Spanish School of Abu Dhabi enforces a strict prohibition of non-halal meat and meat derivatives on school, including food brought from home. This measure is permitted under ADEK policy, which allows schools to implement stricter internal food regulations when deemed necessary.

Accordingly:

- All food provided by the school or its vendors must be halal.
- Food brought from home must be halal-compliant.
- Non-halal meat and meat derivatives are strictly prohibited on campus.
- Students may not consume or share non-halal food within school premises.

This policy ensures respect for the cultural and regulatory context in which the school operates and promotes consistency across the school food environment.

#### 5. Microwaves and Heating of Food

In line with ADEK safety guidance, microwaves must not be placed in visible or student-accessible areas and must not be used by students.

To ensure food safety and reduce the risk of burns or improper food handling:

- Students must bring ready-to-eat meals that do not require reheating.
- Microwaves, if present, may only be located in staff-only areas.
- Students are not permitted to heat food on school premises.

#### 6. Promotion of Healthy Eating

SSAD actively promotes a culture of healthy eating and balanced nutrition within the school community.

Healthy eating promotion includes:

- Encouraging balanced lunchboxes aligned with ADG2 nutritional guidelines
- Promoting water as the primary beverage
- Discouraging unhealthy food choices through educational messaging
- Integrating nutrition education within school activities and learning opportunities
- Encouraging students to try new healthy foods and develop positive eating habits

The school also ensures that students receive regular reminders about hydration and healthy eating practices.

Water is available across the school to encourage students to maintain adequate hydration





throughout the day.

## 7. Balanced Meals

All food consumed at lunch time must meet the balanced meal requirements outlined in the ADG2 “MyPlate” model.

ADEK Food and Nutrition Policy

Balanced meals should include:

- Whole grains or healthy carbohydrates
- Lean protein
- Fruits and vegetables
- Water or healthy beverages

School provided food by external food provider will adhere strictly to these guidelines and will be monitored accordingly by school staff.

Students who eat their own lunch brought from home are encouraged to ensure balanced meals that support sustained energy, concentration, and healthy development and lunch boxes will be monitored accordingly by school staff.

## 8. Red List Restrictions

The school strictly enforces the prohibition of ADG2 “Red List” food and beverages.

These items include but are not limited to:

- Deep-fried foods
- High-sugar sweets and desserts
- Soft drinks and energy drinks
- Processed meats
- Foods containing excessive additives or artificial colorings
- Highly processed or high-fat meat products
- Artificially sweetened beverages

These restrictions apply to:

- Food brought from home
- Food served at school events
- Food provided by vendors

The full list of restricted items is included in Appendix A – ADG2 Red List.

## 9. Food Sharing

To minimize health and safety risks, the sharing of food between students during the regular school day is not permitted.

This measure protects students from:

- Allergen exposure
- Food contamination risks
- Dietary or cultural conflicts

For larger school events, food sharing may be permitted provided that:





- Food is properly labeled
- Food complies with ADG2 requirements
- All allergen risks are managed

## 10. Lunchbox Compliance and Enforcement

The school conducts daily sample-based visual checks of lunchboxes to ensure alignment with nutritional standards.

These checks are conducted respectfully and in a non-judgmental manner.

If non-compliant food is identified:

- Students will be asked not to consume the item
- The item will be returned home
- Parents will be notified on the same day

Escalation procedure:

1. First occurrence – Reminder notification
2. Second occurrence – Formal written notification
3. Third occurrence – Parent meeting and corrective action plan

Where food services are available, the school may provide an alternative meal and charge parents accordingly, subject to prior agreement.

## 11. Personal Hygiene

Students are required to maintain proper hygiene practices during meal times.

These include:

- Washing or sanitizing hands before eating
- Cleaning eating areas after meals
- Maintaining clean eating spaces

Younger students may receive assistance from staff when necessary.

## 12. Nutrition Education

The school integrates nutrition education into its learning environment to promote food literacy.

Students are encouraged to learn about:

- Balanced nutrition
- Reading food labels
- Sustainable food practices
- Responsible food choices
- The impact of food marketing

Educational initiatives may include workshops, awareness campaigns, and classroom activities.

## 13. Staff Awareness and Responsibilities

Staff members play an essential role in promoting healthy food habits.

Staff responsibilities include:





- Supervising students during meal times
- Modeling healthy eating behavior
- Avoiding promotion of unhealthy food
- Using positive and supportive language about nutrition
- Attending relevant training sessions on food safety and allergen awareness

Staff should help foster an environment where students feel comfortable discussing food and wellbeing without stigma.

#### 14. Parent Engagement

Parents are essential partners in promoting healthy eating habits.

The school will:

- Provide nutrition guidance at the beginning of the academic year
- Share ADEK nutrition guidelines
- Provide lunchbox guidance materials
- Organize nutrition awareness sessions for families
- Communicate concerns regarding food habits in a supportive manner

Communication will always remain respectful, constructive, and culturally sensitive.

#### 15. Food Services and Vendors

All food service providers must comply with:

- ADG2 nutritional standards
- UAE food safety legislation
- Hygiene certification requirements

Vendor contracts must explicitly include compliance with all regulatory food safety and nutrition standards. Any vendor non-compliance must be reported to the relevant authorities where required.

#### 16. External Food Delivery

Students are not permitted to order food delivery services to the school.

This includes services such as:

- Talabat
- Deliveroo
- Careem
- Noon
- Instashop

Staff may use delivery services at their discretion, provided that it does not contradict the school's healthy eating policy or promote unhealthy food choices.

#### 17. Sustainability

The school promotes environmentally responsible food practices as part of its sustainability strategy.

Measures include:

- Encouraging reusable lunch containers
- Reducing single-use plastics
- Providing recycling facilities





- Promoting waste reduction practices
- Monitoring food waste during events
- Encouraging responsible food consumption

These initiatives aim to reduce the environmental footprint of school food consumption.

## 18. Special Considerations

The school will ensure appropriate consideration for cultural and religious needs respecting the dietary needs of minority groups within the school community.

### Food Allergies and Intolerances

The school maintains a comprehensive allergy management system that includes:

- A centralized allergy register
- Allergen labeling for food services
- Medication management
- Risk assessments for events and activities
- Emergency response procedures

Parents must notify the school immediately of any allergy changes.

## 19. Food Marketing

The school prohibits the promotion, display, or advertisement of non-compliant foods on.

This includes:

- Sponsorship from unhealthy food brands
- Promotional marketing of unhealthy products
- Visible branding of fast-food items during school supervision

These measures prevent exposure to unhealthy food marketing.

## 20. Food-Related Complaints

All food-related complaints must be documented and investigated. A centralized tracker will be kept and monitored by the school's Health and Safety Officer.

Complaint records must include:

- Date of complaint
- Nature of concern
- Investigation outcome
- Corrective actions taken
- Closure date

Records are maintained in accordance with school record management procedures.

## 21. Monitoring and Review

The school will ensure ongoing monitoring of policy implementation through:

- Vendor compliance checks
- Lunchbox monitoring
- Staff training
- Sustainability monitoring
- Annual policy review





The policy will be updated whenever regulatory changes occur.

## **22. Publication and Compliance**

This policy will be published on the school website and shared with all stakeholders.

Full compliance with ADEK School Food and Nutrition Policy v1.2 is required by 30 March 2026.

