



Healthy Eating Promotion Initiative Guideline

Approved by:

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Chairwoman

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Revision History

Revision Date	Version Number	Revised By	Signature
10/06/2026	01	Eva Sanchez Castillo Principal	



1. Introduction

This guideline establishes the framework for promoting healthy eating habits and nutritional awareness within the Spanish School of Abu Dhabi community in alignment with ADEK and ADG2 requirements.

2. Purpose

The purpose of this guideline is to encourage balanced nutrition, positive eating habits, hydration, sustainability, and food literacy among students and the wider school community.

3. Scope

This guideline applies to all students, staff, parents, vendors, and school stakeholders participating in school nutrition awareness activities and healthy eating initiatives.

4. Objectives

The initiative aims to:

- Promote healthy lunchbox practices
- Encourage hydration and water consumption
- Reduce unhealthy food choices
- Improve nutrition awareness
- Support sustainability and responsible food consumption

5. Roles and Responsibilities

School Administration: Support school-wide healthy eating campaigns.

Teachers: Integrate nutrition awareness into learning activities.

HSE Officer: Monitor compliance and support awareness programs.

Parents: Reinforce healthy eating habits at home.

Students: Participate positively in healthy eating initiatives.

Vendors: Provide healthy and compliant food options.

6. Initiative Activities

Healthy eating initiatives may include:

- Nutrition awareness campaigns
- Healthy lunchbox competitions
- Hydration awareness drives
- Classroom nutrition education
- Healthy cooking demonstrations
- Sustainability and waste reduction campaigns
- Student-led healthy lifestyle projects

7. Nutrition Standards





All activities and promotional materials must support ADG2 nutritional principles and avoid promotion of Red List foods or unhealthy food marketing.

8. Sustainability Measures

The school encourages reusable lunch containers, reduced single-use plastics, recycling practices, and food waste reduction initiatives during healthy eating campaigns.

9. Legal Requirements

This guideline complies with:

- ADEK School Food and Nutrition Policy v1.2
- Abu Dhabi Guideline for Unified School Nutrition and Food Safety (ADG2)
- UAE food safety and public health regulations

10. Non-Conformance or Non-Compliance

Any initiative or activity promoting non-compliant foods, unhealthy food marketing, or unsafe food practices will be subject to corrective action and review by the school administration.

11. Escalation and Reporting

Concerns regarding unhealthy food promotion, misleading nutrition information, or non-compliance shall be reported to the HSE Officer and School Administration.

12. Monitoring and Evaluation

The effectiveness of healthy eating initiatives shall be monitored through participation records, feedback, observations, and periodic reviews.

13. Training and Awareness

Staff members involved in nutrition initiatives may receive awareness training on healthy eating promotion, allergen awareness, and food safety practices.

14. Review Date

This guideline shall be reviewed annually or whenever regulatory updates occur.