



Healthy Eating and Food Safety Policy

1. Purpose

The purpose of this policy is to promote healthy eating habits at Al Rawafed Private School and ensure that all food provided, served, or consumed on school premises is safe, nutritious, and hygienically prepared.

The policy supports the physical and mental wellbeing of students and staff, in compliance with ADEK, ADAFSA, and UAE Ministry of Health regulations.

2. Scope

This policy applies to:

- All canteen services, school kitchens, and food vendors operating on school premises.
- All staff and students consuming food or beverages at school.
- All events, field trips, and extracurricular activities involving food preparation or distribution.

It covers food storage, preparation, handling, serving, hygiene practices, and nutritional standards.

3. Policy Statement

Al Rawafed Private School is committed to:

- Providing healthy and balanced food options to promote lifelong wellbeing.
- Ensuring that all food sold or served meets ADAFSA food safety and hygiene standards.
- Preventing foodborne illnesses and allergic reactions through safe handling practices.
- Educating students on the importance of nutrition, hydration, and healthy lifestyle choices.

4. Legal and Regulatory Framework

This policy is established in line with:

- ADEK Health, Safety & Environment Framework (2024)
- Abu Dhabi Agriculture and Food Safety Authority (ADAFSA) – Food Code (2020)
- Federal Law No. 10 of 2015 on Food Safety
- ADOSH 4.0 – Occupational Health and Safety Requirements
- UAE Cabinet Resolution No. 39 of 2017 – School Health Standards
- World Health Organization (WHO) – School Nutrition Guidelines

5. Objectives

- Encourage students and staff to make healthy and informed food choices.
- Ensure that all school food meets nutritional and hygiene standards.
- Prevent food-related illnesses and allergic reactions.
- Promote a safe and supportive environment for eating and drinking.
- Support sustainability and waste reduction in school food operations.

6. Roles and Responsibilities

6.1 School Principal / Director

- Ensure compliance with ADEK and ADAFSA food safety requirements.
- Approve food suppliers, vendors, and menu plans.
- Provide resources for food hygiene training and inspection.

6.2 OSH Department / Health and Safety Officer

- Conduct regular food safety inspections in canteens and kitchens.
- Maintain a Food Safety Register (OSH-R-42A) with inspection results.
- Ensure staff and vendors complete food safety and hygiene training.
- Report and investigate food-related incidents or complaints.

6.3 Canteen Operator / Food Vendor

- Obtain all required ADAFSA permits and food handler medical certificates.
- Maintain proper hygiene during storage, cooking, and serving.
- Implement temperature control for hot and cold foods.
- Label all foods correctly, including expiry dates and allergen information.
- Prevent contamination and pest access in food areas.

6.4 School Nurse / Clinic

- Maintain student food allergy records.
- Respond promptly to food-related allergic or medical emergencies.
- Coordinate with canteen and teachers on allergy management plans.
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6.5 Teachers and Supervisors

- Encourage healthy eating in class and during events.
- Ensure students wash hands before eating.
- Reinforce food safety awareness messages.

6.6 Students and Parents

- Support the school's healthy eating guidelines.
- Avoid bringing prohibited food items (e.g., energy drinks, fast food).
- Inform the school of any allergies or dietary restrictions.

7. Healthy Eating Guidelines

- Meals and snacks served must be nutritionally balanced, including fruits, vegetables, proteins, and whole grains.
- Limit foods high in sugar, salt, and saturated fats.
- Provide safe drinking water accessible to all students.
- Encourage the use of reusable lunch boxes and bottles to promote sustainability.
- Prohibit the sale or promotion of junk food, energy drinks, and carbonated beverages.

8. Food Safety and Hygiene Requirements

- All food handlers must wear clean uniforms, gloves, hairnets, and masks.
- Handwashing facilities with soap and paper towels must be available.
- Surfaces, utensils, and equipment must be sanitized before and after use.
- Raw and cooked foods must be stored separately to prevent cross-contamination.
- Refrigerators must be maintained at below 5°C, and hot foods above 60°C.
- Food waste must be collected daily and disposed of hygienically.

9. Food Storage and Temperature Control

- Food deliveries must be checked for temperature, expiry, and condition.
- Perishable items must be labeled with delivery and use-by dates.
- Cold storage and freezers must have temperature monitoring logs.
- Dry storage must be well-ventilated and pest-free.
- Expired or spoiled food must be disposed of immediately.

10. Food Allergy Management

- Maintain an Allergy Register (OSH-R-42B) with details of students' allergies.
- Clearly label all food items that contain common allergens (e.g., nuts, dairy, gluten, eggs).
- Train canteen and supervisory staff in anaphylaxis recognition and EpiPen use.
- Display allergen awareness posters in food service areas.

11. Food Poisoning and Incident Response

- Any suspected food poisoning case must be reported to the School Clinic and OSH Department immediately.
- Affected individuals should receive prompt medical attention.
- The Food Incident Report Form (OSH-F-42A) must be completed.
- The OSH Officer must investigate the source, isolate suspect food, and inform ADAFSA if required.
- Preventive actions must be recorded and implemented.

12. Training and Education

- All food handlers must complete ADAFSA-approved Food Safety and Hygiene Training.
- Students should receive nutrition and hygiene education through classroom programs and campaigns.
- Annual awareness events should promote healthy eating, sustainability, and wellbeing.

13. **Food Safety Audits and Inspections**

- The OSH Department and School Clinic will conduct monthly inspections of food facilities.
- External audits may be conducted by ADAFSA or ADEK.
- Any non-compliance findings must be corrected immediately.

14. **Sustainability and Waste Reduction**

- Minimize food waste through careful portion control and menu planning.
- Promote eco-friendly practices, including recycling and composting where possible.
- Avoid the use of single-use plastics in food service operations.

15. **Monitoring and Review**

- The OSH Department will maintain a Food Safety Monitoring Log (OSH-R-42C).
- Policy effectiveness will be reviewed annually or after any food safety incident.
- Updates will reflect new ADAFSA or ADEK regulations.

16. **References**

- ADEK Health, Safety & Environment Framework (2024)
- Abu Dhabi Agriculture and Food Safety Authority – Food Code (2020)
- Federal Law No. 10 of 2015 on Food Safety
- ADOSH 4.0 – Health and Hygiene Standards
- UAE School Health Guidelines (Ministry of Health)
- WHO School Nutrition Guidelines (2023)

Section	Details
Effective Date	This policy will be effective as of August, 2024
Prepared by	Mr. Rabih Sleit : Health & Safety Officer
Revised by	Mrs. Shameena Ammachuveetuvalappil Hydrose
Review and Revision	This policy will be reviewed annually, or as needed, to ensure compliance with changing regulations ADEK & ADPHC.
Date of Approval:	August 7 / 2024
Approved by Principal	Mrs: Fadia Alkalla Jibreel (Signature:
Approved by Vice principal	Mrs: Rawan Jibreel (Signature