Sharjah American International School

دائرة التعليم والمعرفة
DEPARTMENT OF EDUCATION AND KNOWLEDGE

2026 - 2027

HEALTHY EATING AND FOOD SAFETY POLICY

Abu Dhabi Branch



PURPOSE :

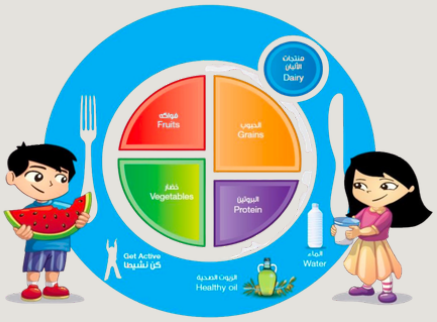
This policy outlines our school's commitment to promoting healthy eatinghabits and ensuring food safety in alignment with the ADEK Healthy Eating and Food SafetyPolicy (2024). It also highlights school-basedinitiatives, including the Lunch Ambassadors Program, designed to reinforce nutritioneducation in a student-led, peer-engaged manner.

OBJECTIVES :

1. Promote the physical, mental, and emotional well-being of students by fostering a healthy food environment.
2. Comply with ADEKHealthy Eating andFood Safety Policy.
3. Educate students and families about nutrition and sustainable food practices.
4. Create positive peer-to-peer health messaging through student leadership opportunities.

ENERAL GUIDELINES:

1. Lunchbox Spot Checks & Enforcement
    a. Parents are encouraged to send balanced, nutrient-rich meals and snacks.
    b. Unhealthy food items such as soda, fried chips, chocolate, and sugary snacks are discouraged.
    c. SAIS will include daily visual spot checks, parent notifications, a 3-warning system, clear confiscation procedures, and a donation protocol for non-compliant food items.
    d. Items containing nuts, energy drinks, or caffeinated beverages are strictly prohibited.
    e. Balanced Meal Requirements: SAIS adopted ADG2 My Plate' balanced meal standards and ensure all student lunches meet the required nutritional components.
2. School Events & Celebrations
    a. All food shared during authorized events must comply with the Abu Dhabi Food Guidelines.
    b. Items must be labeled and free of common allergens.
    c. Healthy alternatives should be prioritized.
3. Prohibited Deliveries
    a. Students are not permitted to use external food delivery services (Talabat, Noon, etc.) duringschool hours, in accordance with Federal Law No. (10) of 2015 on Food Safety.
4. Hygiene & Food Safety Standards
    a. All food-related activities and services in the school will follow the hygiene and safety protocols stated in the Abu Dhabi Guideline for Food in Educational Institutions and Federal Law No. (10) of2015. This includes safe handling, preparation, packaging, and storage practices, even for foodbrought from home during authorized events.



STUDENT ENGAGEMENT & SUPERVISION:

- Staff will monitor snack and lunch periods to ensure healthy food choices, prevent food-sharing involving allergens, and identify concerning food behaviors.
- KG & Cycle 1 SAIS team members are required to sit with students during meal times, model healthy eating practices, monitor meal consumption, and identify any food-related behaviors that may require follow-up.
- Red List Enforcement: SAIS will enforce the ADG2 Red List with zero tolerance for prohibited food items brought from home or sold on campus. Please refer to ADG2/Abu Dhabi Guideline framework.
- Food-related concerns (lack of lunch, food bullying, etc.) will be communicated to families the same day.
- Allergy & Intolerance Management
  - The school maintains records of students with food allergies or intolerances.
  - This information is shared with relevant staff to reduce risk.
  - Parents are responsible for notifying the school of any new allergies and supplying required medication.
  - Procedures are in place formanaging allergic reactions,including severe cases.

NUTRITION EDUCATION INITIATIVES:

Curriculum

Topics such as healthy eating, reading food labels, and environmental sustainabilityare included in Science, Moral Education, and other relevant subjects.

Lunch Ambassadors Program (Grades 12 → Elementary)

As part of our whole-school wellness strategy, the LunchAmbassadors Program includes the following:

- Monthly classroom visits by Grade 12 students to Elementary classes.
- Reading age-appropriate books on healthy eating habits.
- Distributing small in centive cards in lunchboxes to:
  - Encourage positive food choices.
  - Remind families to pack nutritious snacks.
- All materials will be reviewed by the curriculum team to ensureage appropriateness and cultural sensitivity. Participationfosters leadership, public speaking, and social responsibilityamong seniors.

Staff Awareness

All relevant staff, including teachers and canteen workers, will participate intraining sessions provided by the Abu Dhabi Public Health Center (ADPHC) andother approved entities to support the promotion of healthy eating duringsupervision and instruction.

SUSTAINABILITY PRACTICES:

- Encourage reusable containers and minimize single-use plastics. This is accomplished by strategically placing recycling bins throughout the school.
- Teachers to model sustainable practices by using non-disposable packaging.
- The canteen will promote sustainability by offering healthy meals made with minimally processed ingredients and packaging.

COMMUNICATION WITH FAMILIES:

Parent Engagement

- SAIS will regularly conduct mandatory nutrition awareness workshops for parents, ensure consistent sharing of the Red List, and integrate healthy food expectations into all parent–school agreements.
- Parents receive a healthy snack guide at the start of each term, aligned with ADEK a guidelines.

Food Events

- For authorized food events (e.g., birthdays, bake sales), all items must meet ADEK standards.
- No homemade food will be permitted without prior school approval.
- Foods must be clearly labeled for allergens.

Immediate Concern Communication

All food-related concerns (lack of food, unhealthy items, allergies)will be communicated to parents on the same day they are identified.

COMMUNICATION WITH FAMILIES:

- SAIS will explicitly require that all food suppliers are SEHHI-certified, comply with ADAFSA reporting standards, and undergo documented routine canteen inspections.
- Regular inspections are documented.
- Feedback fromstudents will beperiodically collected to improve meal offerings.





FOOD MARKETING & BRANDING RESTRICTIONS:

SAIS will ban the display, advertisement, or promotion of non-compliant food on campus, including staff carrying branded bags that promote unhealthy items.

GOVERNANCE & ROLES:

The school designates a Health & Safety Officer (orFood Safety Coordinator), supported by a smallinternal team, to oversee implementation of thispolicy. Responsibilities include:

- Compliance with ADEK, ADAFSA, ADPHC, and Federal Food Safety law.
- Licensing, inspections, and record maintenance.
- Staff training and supervision of canteen and mealtime.
- Allergy record-keeping and incident management.
- Annual policy review and continuous improvement

COMPLIANCE AND REVIEW:

- This policy aligns with ADEK's policy effective AY 2024–25 and will be reviewed annually by school leadership.
- Staff, parents, students, and vendors will be given access viathe school website.