YASMINA
BRITISH ACADEMY

Healthy Eating & Food Safety Policy

Philosophy

At Yasmina British Academy, we believe that student wellbeing is the foundation of academic and personal success. We understand that healthy eating habits are essential for physical development, emotional stability, and cognitive performance.

At YBA, we are committed to cultivating a food environment that is safe, inclusive, and conducive to healthy choices. We also recognise our responsibility to promote environmental sustainability through responsible food practices and education.

Summary

Policy First Issued on	June 2025
Next Policy Review Date	June 2028
Lead Professionals	AP Pastoral for Primary & Secondary
Signature(s)	
Approved by ELT	
Date	June 2026

Rationale

This policy ensures that:

- All food services and practices at YBA comply with the **Abu Dhabi Guideline for Food in Educational Institutions** and related regulations from ADEK, ADPHC, QCC, ADAFSA, and DoH.
- Healthy eating habits are encouraged across all aspects of school life.
- Students with allergies, intolerances, or special dietary requirements are protected and included.
- Sustainable practices are integrated into food service delivery and education.

Promoting Healthy Eating

At Yasmina British Academy, we believe that building a strong foundation of healthy habits starts with daily choices.

Creating a Healthy Food Culture

At YBA, we:

- Offer nutrient-rich, balanced meals in line with Abu Dhabi nutritional standards.
- Encourage students to bring healthy packed lunches when not using the canteen.
- Discourage high-sugar, fried, or highly processed foods.

Supervision During Mealtimes

At YBA, staff actively supervise meal and snack times to:

- Ensure students do not bring prohibited allergens or restricted items (e.g., nuts, energy drinks).
- Confirm that each student has access to a meal daily (unless exempt, e.g., for fasting).
- Monitor for concerning food-related behaviour, such as eating disorders or food-based bullying, and report concerns immediately.

Nutrition Education

At YBA, we integrate nutrition and food education into our formal curriculum and extracurricular activities, covering:

- Principles of healthy and balanced eating
- How to read food labels
- Sustainable food choices and meal planning

We also host awareness days, workshops, and student-led initiatives to reinforce these concepts.

Staff Training

All relevant staff at YBA, including teachers and canteen workers, attend training sessions provided by the Abu Dhabi Public Health Centre (ADPHC) or similar approved entities to ensure they can model and support healthy food choices.

Parent Engagement

At YBA, we believe that parents are partners in fostering healthy habits. We:

- Share clear guidelines on what constitutes a healthy packed lunch and prohibited food items.
- Reference these expectations in our school-parent agreement.
- Share updates from relevant authorities about child nutrition, allergies, and food safety.
- Inform parents of any food-related concerns on the same day they are observed.

Food Safety and Hygiene

At Yasmina British Academy, we believe that all food must be safe, hygienic, and responsibly handled.

To maintain the highest standards:

- YBA complies with **Federal Law No. (10) of 2015 on Food Safety** and the **Abu Dhabi Guideline for Food in Educational Institutions.**
- All canteen operations are licensed, inspected, and documented as required.
- External food delivery services (e.g., Talabat) are strictly prohibited during school hours.
- Food is stored, transported, and served following strict hygiene protocols.

Inclusive Practices and Special Considerations

Food Allergies and Intolerances

At YBA, we believe every child has the right to eat safely and confidently. We:

- Maintain comprehensive allergy records, shared with relevant staff and the canteen.
- Clearly label all food served with allergen warnings.
- Require families to notify us immediately of new allergies and provide any necessary medication.

- Conduct risk assessments and have emergency response procedures in place for allergic reactions.
- Appropriately store and label student medication in designated areas.

Cultural, Religious, and Ethical Considerations

At YBA, we value diversity and inclusion. We:

- Offer meal options that respect the religious, cultural, and ethical values of all students.
- Involve minority groups in food-related decision-making and labelling practices.
- Ensure shared spaces and events reflect the school's inclusive values.

Shared Events and Prohibited Foods

At YBA, we believe shared celebrations are a valuable part of school life, but they must align with our health and safety standards.

- All food shared at school events must comply with the Abu Dhabi Guideline for Food in Educational Institutions.
- The following items are prohibited:
  - Alcohol
  - Pork or pork-based products
  - Caffeinated or carbonated beverages
  - Known allergens such as nuts

YBA may introduce additional restrictions in line with our health and sustainability goals.

Special events – Birthdays.

We recognise that birthdays are a special time for some of our families. In line with our commitment to promoting a healthy eating environment, and out of respect that not all families celebrate birthdays in the same way, we ask that no cakes, sweets or sugary treats be brought into school. Alternative suggestions to support our inclusive environment, we suggest a class book to share or a non-edible item.

For special events involving food sharing, ADEK authorisation is sought and our school communicates guidelines to parents that state that any food brought in shall adhere to the **Abu Dhabi Guideline for Educational Institutions in the Emirate of Abu Dhabi**.

Sustainability in Food Services

At Yasmina British Academy, we believe that our food practices should reflect our commitment to protecting the environment.

To promote sustainable choices, YBA:

- Offers plant-based and locally sourced meal options.
- Encourages students to reduce food waste and use reusable containers.
- Limits single-use packaging and promotes recycling.
- Runs sustainability-focused campaigns involving staff, students, and parents.

Student Voice and Feedback

At Yasmina British Academy, we believe that students should play an active role in shaping their food environment.

We:

- Gather regular feedback through surveys, student council, and informal discussions.
- Involve students in decisions about canteen menus, food quality, and service improvements.

At Yasmina British Academy, we believe in nurturing not only the minds but also the bodies of our students. Through this policy, we commit to fostering a food culture that supports wellbeing, celebrates diversity, and promotes sustainability.