



School Healthy Food and Food Safety Policy

Purpose

This policy ensures that Premium International School provides a healthy, safe, and sustainable food environment that supports the physical and mental wellbeing of all students from KG to Grade 12.

Scope

This policy applies to:

- All students and staff at PIS
- School canteen operations managed by an external vendor
- Students' lunchboxes
- External food suppliers and vendors for school events
- All school-organized activities involving food

Policy Statement

Premium International School is committed to:

- Offering healthy and safe food options
- Promoting positive, sustainable eating habits
- Ensuring food safety, hygiene, and effective allergy management
- Complying with ADEK and Abu Dhabi food regulatory requirements

Healthy Nutrition Requirements

4.1 Food Environment

- The school fosters a culture of healthy eating.
- Nuts, carbonated drinks, and caffeinated drinks are strictly prohibited on school premises.

4.2 Canteen and Lunchboxes

- Canteen services are managed by a licensed external vendor.
- Lunchboxes are checked periodically to ensure they meet the school's nutrition guidelines.



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- All food must be nutritious, balanced, and age-appropriate.
- Food vendors must be registered with the SEHHI program and maintain valid licenses and hygiene inspection records which are checked periodically by the Operations and EHS Manager.

4.3 Student Supervision

Staff will supervise students during meals and snacks to:

- Ensure safe food consumption
- Prevent food sharing that may trigger allergic reactions
- Identify concerning food-related behaviors such as eating disorders or food-related bullying

Food Education and Awareness

- Nutrition education is integrated into the school curriculum by adding comprehension passages and writing topics related to healthy eating habits.
- During assembly time and zero hours students are taught about:
 - Healthy and balanced diets
 - Reading food labels
 - Sustainable food practices
- Student awareness campaigns and workshops are planned regularly by the health food committee.

Parental Engagement

- Parents are informed of school food guidelines and restrictions.
- Parents are advised to avoid sending unhealthy foods.
- All food brought for school events (e.g., National Day, fairs, trips) must comply with ADEK guidelines and receive prior approval.

Food Safety and Hygiene

- The school adheres to strict food safety, handling, storage, and transportation standards.



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- Regular inspections and compliance checks are conducted externally by Abu Dhabi agriculture and food safety authority and internally by the operations and EHS manager.
- External food delivery services during school hours are not permitted.

Allergy and Special Dietary Needs

- Records of students with allergies or intolerances are maintained and updated by the School Nurse.
- Food labels must clearly indicate allergens.
- Risk assessments are conducted for all food-related activities.
- Emergency response procedures are in place for allergic reactions.

Sustainability Practices

Premium International School promotes sustainable food practices by:

- Reducing food waste
- Encouraging recycling
- Limiting single-use packaging
- Offering environmentally friendly food options

Roles and Responsibilities

Role	Responsibilities
Healthy Food Committee	Oversee the implementation of the policy, review canteen and lunchbox compliance, coordinate nutrition awareness campaigns, advise school management on improvements
Operations and EHS Manager	Ensure policy implementation, monitor canteen and lunchbox compliance, oversee hygiene and safety practices
School Nurse	Maintain allergy records, manage dietary needs, respond to medical emergencies
Canteen Supervisor	Ensure vendor compliance with ADEK standards, supervise food preparation, maintain hygiene and inspection records



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Role

Vice Principal

Class Teacher

Operations and EHS Department

Responsibilities

Oversee staff implementation, monitor student supervision during meals and campaigns

Supervise students during meals/snacks, reinforce healthy eating habits, report concerns