MODEL PRIVATE SCHOOL, ABU DHABI

FOOD AND NUTRITION POLICY

2026-2027

Review Date:	March 2026		
Next Review Date:	March 2027		
Acting Principal	Mr. I J Nasari		
Signature		***Date:***	07-09-2026
MPS Board of Governors	Haji: Meethalakath Mehmood		
Signature		***Date:***	08-09-2026

Introduction

Model Private School is committed to promoting students' health, safety, and overall wellbeing by encouraging healthy eating habits and ensuring access to safe, nutritious, balanced food. This School Food and Nutrition Policy aligns with the principles of the ADEK Food and Nutrition Policy and applicable Abu Dhabi guidelines.

The policy establishes clear guidelines for food provision, canteen operations, food safety, hygiene, and healthy dietary practices within the school premises. It aims to promote nutritious food choices, accommodate students' individual dietary requirements, and create awareness about healthy eating among students, staff, and parents.

Through the collaborative efforts of school management, staff, parents, and the canteen operator, Model Private School strives to maintain a safe, healthy, and inclusive school environment where nutrition and student wellbeing are given priority.

1. Purpose

Model Private School is committed to promoting the health, safety, wellbeing and development of students through safe food practices, access to nutritious food and drinking water, nutrition education, and constructive engagement with parents. This policy establishes expectations for food provided, brought to, sold or consumed at school, including celebrations and special occasions.

2. Objectives

- Promote balanced, age-appropriate and nutritious food choices.
- Reduce students' exposure to food and drinks that may adversely affect health, wellbeing or safety.
- Recognize and accommodate documented dietary needs and food allergies.
- Engage parents, students, staff and the canteen operator in implementing healthy practices.
- Provide nutrition education and encourage responsible, sustainable food practices.

3. Scope

This policy applies to students, parents/guardians, teaching and non-teaching staff, the school canteen and its operator, catering providers, and any person arranging or supplying food for school activities. It covers food served or sold on campus, food brought from home, classroom activities, trips, events and celebrations.

4. Policy Principles

- Students' access to adequate, safe and nutritious food and clean drinking water shall be supported during the school day.
- Food shall never be used as punishment, a disciplinary measure or a reward.
- Food practices shall respect students' documented medical, allergy, religious and other legitimate dietary requirements.
- Food provision and handling shall comply with applicable UAE and Abu Dhabi laws, ADEK requirements and relevant food-safety authority guidance.
- Parents shall receive clear food guidance and opportunities to provide feedback.

5. Canteen Menu and Food Service

- Where the school provides or arranges food service, appropriately licensed food-service provider, as applicable.
- Menus should offer varied, balanced choices and reflect relevant Abu Dhabi nutrition guidance, including the SEHHI programme where applicable.
- The school shall retain menus, provider details, relevant licenses/certifications and monitoring records for review.

6. Food and Drinks Not Permitted

To support student health and safety, the following items shall not be supplied, sold, brought for sharing, or consumed at school, subject to applicable authority guidance and documented medical exceptions managed by the school:

- Sugar-sweetened drinks, soft drinks, energy/sports drinks (except where specifically permitted by applicable guidance), and syrup-based fruit drinks.
- Caffeinated drinks, including coffee and tea.
- Confectionery and high-sugar items such as candies, sweets, marshmallows, lollipops, chewing gum, and chocolates other than dark chocolate, consistent with applicable guidance.
- Ice cream, slushies and other processed frozen desserts; sweetened/flavoured milk or yoghurt.
- Foods excessively high in salt, including fried foods, processed meats and pickled vegetables.

- Ultra-processed foods containing prohibited additives, artificial colours/flavours/preservatives, added MSG, or non-compliant sauces.
- Pork or pork derivatives; foods containing added alcohol/ethanol; hydrogenated fats; unpasteurized foods or drinks.
- Nuts and foods that may present choking hazards, in line with applicable authority guidance and student safety needs.
- Any item prohibited by current Abu Dhabi authority requirements or identified by the school as unsafe.

7. Parent-Provided Food and Lunchboxes

- Parents/guardians must provide balanced, age-appropriate food and safe drinks, following school-issued guidance and applicable authority requirements.
- Parents must inform the school of relevant allergies, medical dietary needs or feeding-related concerns and provide supporting documentation when requested.
- Food intended for sharing must not be sent unless approved in advance by the school.
- The school may follow up with parents when prohibited or unsafe food is repeatedly brought to campus, using a supportive and documented approach.

8. Food Allergies and Special Dietary Requirements

- Parents must notify the school nurse/designated school contact of diagnosed food allergies, intolerances or medically required diets.
- Food shall not be exchanged or shared where this may create an allergy or other safety risk.
- Any suspected allergic reaction or food-related medical emergency shall be managed under the school's medical emergency procedures and reported promptly.

9. Celebrations, Birthdays and Special Events

- All food and drinks for celebrations, birthdays and school events require prior approval and must comply with this policy and applicable authority requirements.
- Food must be hygienically prepared, transported, stored and served, with quantity and quality appropriately controlled.
- Parents are requested to avoid sending chocolates, sweets and other non-compliant food for birthdays. In place of edible treats, small useful stationery gifts—such as pencils, pens or erasers—are preferred, subject to school approval.
- Non-food celebrations and activities should be encouraged.

10. Drinking Water and Mealtime Environment

- Students shall have access to free, clean and safe drinking water throughout the school day.
- Students shall be provided reasonable opportunities to eat and drink according to the school timetable and applicable requirements.
- Mealtimes should be supervised appropriately, calm, inclusive and respectful.
- Students should be encouraged to develop healthy eating habits without pressure, humiliation or coercion.

12. Nutrition Education and Sustainability

- Nutrition and healthy eating messages should be integrated into age-appropriate learning, assemblies, campaigns and wellbeing activities.
- Students should be taught about food groups, hydration, food waste and sustainable food choices.
- Staff should model responsible food practices and avoid unnecessary food waste.

13. Roles and Responsibilities

- **Principal / School Management:** Approve and oversee implementation; ensure suitable resources, communication and review.
- **Designated Food and Nutrition Lead:** Coordinate implementation, maintain records, communicate guidance and follow up on concerns.
- **Health and Safety Officer / OSH Team:** Support food-safety compliance, inspections, risk assessment, incident follow-up and corrective actions.
- **School Nurse:** Support allergy/medical dietary records, health guidance and response to food-related medical concerns.
- **Canteen Operator / Catering Provider:** Comply with licensing, menu, hygiene, food handling, storage, staff training and recordkeeping requirements.
- **Teachers and Supervisors:** Model healthy practices, supervise students as required, communicate concerns and follow celebration/food activity procedures.
- **Parents / Guardians:** Follow lunchbox and celebration guidance; disclose relevant dietary needs and cooperate with school follow-up.
- **Students:** Follow school food-safety expectations, avoid sharing food where unsafe, use bins appropriately and make healthy choices.

14. Monitoring, Reporting and Corrective Action

- An assigned staff member, including the policy lead and/or Health and Safety Officer as appropriate, shall conduct regular monitoring of canteen offerings and food brought from home.
- Monitoring shall include recording non-compliant items, date, location/source, action taken and any required follow-up.
- Repeated violations shall be addressed through documented communication with the relevant parent, staff member or provider and escalated to school management when necessary.
- Food-safety incidents, suspected contamination or allergy-related incidents shall be reported immediately and handled under the school's relevant emergency and incident-reporting procedures.

16. Review and Compliance

This policy shall be reviewed at least annually and whenever relevant ADEK or Abu Dhabi authority requirements change, or following a significant food-safety incident.

All stakeholders are expected to comply with this policy. Non-compliance shall be addressed through school procedures and, where applicable, referred to the relevant authority.

Where this draft and a current binding ADEK or Abu Dhabi authority requirement differ, the applicable authority requirement shall prevail.

Reviewed and modified on: March 2026

(*to be implemented in the academic year 2026-2027)*

Principal

Ilyas Jumat Nasari

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