



Food and Nutrition Policy

1. Purpose of the Policy

To ensure students receive proper nutrition education, access to healthy food, and support for dietary needs—particularly when under the care of school health services, thereby promoting wellness, preventing nutrition-related illnesses, and supporting academic success.

2. Objectives

- Promote healthy eating habits among students.
- Support the management of nutrition-related health conditions (e.g., diabetes, food allergies, obesity).
- Integrate nutrition services with school meals and health initiatives.
- Provide timely nutrition, screening, referrals, and interventions.

3. Scope

This policy applies to:

- All students access school health services.
- School health personnel (nurses, dietitians, counselors).
- Food service providers working in partnership with the school.

4. Key Policy Components

4.1 General Principles

- **Right to Food:** Every student must have access to nutritious meals/snacks during the school day.
- **Weekly Menu Standards:**
 - Developed with a licensed dietitian/nutritionist.
 - Incorporates local (Emirati) dishes and seasonal produce.
 - Offers variety and accommodates all dietary needs.
 - Lists calories and nutritional value (aligned with *SEHHI* guidelines).





- Shared with parents weekly and updated as needed.
- **Food from Home:**
 - Must comply with ADEK nutritional guidelines.
- **Dietary Restrictions:**
 - Must be respected and managed in collaboration with parents and health staff.
- **Prohibited Foods** (including but not limited to):
 - Sugary drinks, processed meats, fried foods, nuts, pork or alcohol-based products, artificial additives, and soy products.
- **Water Access:**
 - Free, clean drinking water must be always available.
- **Special Events:**
 - Food must meet safety and health standards.
- **No Food as Punishment or Reward.**

4.2 Learning About Food

- Integrate nutrition education into the school curriculum.
- Promote sustainability and food waste reduction.
- Model healthy behaviors (e.g., no visible food waste by adults).

4.3 Food Preparation & Handling

- **Storage:**
 - Maintain safe temperatures and hygienic conditions.
- **Onsite Prep:**
 - Must follow all food safety laws and obtain proper licenses.
- **Offsite Catering:**
 - Must be licensed by relevant Abu Dhabi authorities (ADPHC, ADAFSA, QCC).
- **Reheating:**
 - Reheating food using microwaves or stoves is **prohibited**.
- **Hygiene:**
 - Staff must be trained and certified in food safety and handling per QCC standards.
- **Cooking with Children:**
 - Allowed with strict safety and preparation protocols.

5. Nutrition Services in the School Clinic





A. Nutrition Screening & Assessment

- Routine checks for:
 - Height, weight, BMI, signs of malnutrition.
- Individual assessments for:
 - Underweight, overweight, food insecurity, or other risk factors.

B. Individualized Nutrition Care Plans

- Tailored for students with:
 - Food allergies/intolerances
 - Diabetes
 - GI conditions
 - Eating disorders
 - Other chronic health needs
- Developed in collaboration with:
 - Parents, school staff, and external healthcare providers.

C. Emergency Nutrition Response

- Stock emergency foods and glucose sources.
- Anaphylaxis protocols in place (e.g., EpiPen availability, allergen control).

D. Food & Nutrition Education

- Include nutrition counseling during clinic visits.
- Share educational materials on:
 - Balanced diets, hydration, and meal planning.
- Empower teachers and parents to reinforce messages.

E. Referral System

- Students may be referred to:
 - Registered dietitians
 - Government/community nutrition programs
 - Mental health professionals (for disordered eating or body image concerns)

F. Collaboration with Food Services

- Align cafeteria services with student dietary needs.
- Ensure compliance with local standards.
- Advocate for healthy, culturally relevant food options.





6. Staff Training

- All health clinic staff must be trained in:
 - Basic nutrition principles
 - Managing nutrition-related conditions
 - Communicating with food service and school staff

7. Confidentiality and Documentation

- Maintain student health records securely.
- Document nutrition assessments, care plans, and follow-ups appropriately.

8. Policy Review and Updates

- This policy shall be reviewed annually by the **School Wellness Committee** or designated health team.
- Updates will reflect current guidelines and community health needs.

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