



IIS Food and Nutrition Policy AY 2025-2026

Effective From: Academic Year 2025–2026

Date of Evaluation and Review: November 26, 2025

Next Date of Review: November 2026 (*Review Cycle: Annual or Upon ADEK Updates*)

Applies To: All Staff, Students, Volunteers, Parents, and Visitors

Authorized Signatories:

- Principal
- Vice Principal
- OSH officer
- Clinic Nurse
- Student counsellors

Purpose of the Policy

To ensure that students receive proper nutrition education, access to healthy food, and support for individual dietary needs particularly when under the care of school health services. This policy promotes overall wellness, prevents nutrition-related illnesses, and supports students' academic performance and well-being.

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.

Scope

This policy applies to all students accessing school health services, school health personnel including nurses, dietitians, and counsellors, as well as food service providers working in partnership with the school.

Key Policy Components

General Principles

- **Right to Food:** Every student must have access to nutritious meals and snacks during the school day.
- **Weekly Menu Standards:**
 - Developed in consultation with a licensed dietitian/nutritionist.
 - Incorporates local (Emirati) dishes and seasonal produce.





- Offers variety and accommodates all dietary needs.
- Includes calories and nutritional values 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 collaboratively with parents and school 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 always be available.
- **Special Events:**
 - All food served must meet safety and health standards.
- **No Food as Punishment or Reward.**

Learning About Food

- Integrate nutrition education into the school curriculum.
- Promote sustainability and reduction of food waste.
- Encourage staff to model healthy eating behaviours (e.g., avoiding visible food waste).

Food Preparation & Handling

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

Nutrition Services in the School Clinic

Nutrition Screening & Assessment

- Routine checks for:





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

Individualized Nutrition Care Plans

- Developed for students with:
 - Food allergies/intolerances
 - Diabetes
 - Gastrointestinal conditions
 - Eating disorders
 - Other chronic health needs
- Plans are created in collaboration with parents, school staff, and external healthcare providers.

Emergency Nutrition Response

- Maintain stock of emergency food items and glucose sources.
- Ensure anaphylaxis management protocols are in place (e.g., EpiPen availability, allergen control).

Food & Nutrition Education

- Include nutrition counselling during clinic visits.
- Provide educational materials on balanced diets, hydration, and meal planning.
- Empower teachers and parents to reinforce healthy eating messages.

Referral System

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

Collaboration with Food Services

- Align cafeteria services with students' dietary needs.
- Ensure compliance with local regulations and health standards.
- Advocate for healthy, culturally relevant food options.

Staff Training

All school health clinic staff must receive training in:

- Basic nutrition principles





- Management of nutrition-related conditions
- Communication and coordination with food service and school personnel

Confidentiality and Documentation

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

Policy Review and Updates

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

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13/01/2026

Policy Reviewed By:

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13/01/26

Approved By:

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School Principal


13/01/2026

