مدرسة رويال الأمريكية
ROYAL AMERICAN SCHOOL

FOOD AND NUTRITION POLICY

Academic Year 2026-2027

This policy has been read and adopted by the Royal American School Board of Trustees and Principal:

Review date August 2026

Introduction

A safe and healthy diet is essential for physical and mental health and is a key contributor to overall wellbeing. Royal American School (RAS) has a duty to create a safe and healthy food environment and to actively promote and encourage healthy food choices. RAS also has a responsibility to ensure its food provision supports the environmental sustainability of its operations. This policy sets out RAS's requirements for providing a healthy and sustainable food environment, in line with the Abu Dhabi Guideline for Unified School Nutrition and Food Safety (ADG2) and the ADEK School Food and Nutrition Policy.

Purpose

- To ensure RAS's eating environment and food services comply with the Abu Dhabi Guideline for Unified School Nutrition and Food Safety (ADG2, QCC 2025) and other relevant guidelines on the healthy and safe provision of food services.
- To enhance the RAS community's nutritional awareness and meal practices by promoting healthy, sustainable eating habits and creating a supportive environment with high nutritional standards.

Scope

This policy applies to all food consumed on RAS premises or at RAS-organized activities and events, whether provided through RAS's food services (canteen, cafes, kiosks, vending machines) or brought from home, and to all students, staff, parents, and food service providers at RAS.

Definitions

Term	Definition
ADG2 Requirements	The requirements of the Abu Dhabi Guideline for Unified School Nutrition and Food Safety, issued by the Quality and Conformity Council (QCC, 2025), and any amendments.
Canteen	A place equipped for the preparation, distribution, and sale of healthy, permitted food for students and staff at RAS.
Food Services	Arrangements made by RAS for students and staff to obtain food during the school day, during extracurricular activities, and during school-organized events.
Healthy Eating	A dietary practice of consuming a variety of safe foods in appropriate proportions to support energetic and physiological needs, including sustainable practices that consider the health of the planet.
Nutritional Value	The measure of the healthiness of a food item based on the quantity of nutrients it contains.
Sustainable Meal Practices	Meal practices with low environmental impact, including low carbon footprint, that are accessible, affordable, and healthy.
Food Label	Any tag, brand, or descriptive matter on a food container or product providing information on ingredients, quality, and nutritional value.
Waste Management	Processes and actions required to manage waste from its inception to final disposal.

Policy Statement

1. School Food and Nutrition Policy: RAS's Food and Nutrition Policy sets out its commitment to a culture of healthy eating, food safety, and sustainability; its commitment to ADG2 hygiene and food safety standards in food preparation, packaging, transport, and handling; measures for large-scale community events (e.g., International Day) to meet ADG2 requirements and enforce the "Red List" prohibition; measures to promote inclusion of minority groups and the safety of students with allergies and intolerances; and is published on RAS's website and made accessible to staff, students, vendors, and parents.

2. Promotion of Healthy Eating: RAS creates a healthy food culture in line with ADG2 requirements, which apply to the canteen, cafes, kiosks, vending machines, food brought from home, and all food served during the school day or at school-sponsored activities and events.

3. Balanced Meals and the Red List: RAS ensures only balanced meals meeting the ADG2 "MyPlate" requirements are served or consumed at lunchtime, and that sweets and desserts without excess sugar/fat are limited to breakfast or snack times (one portion per student per break). RAS enforces the ADG2 "Red List" ban (e.g., alcohol, carbonated drinks, pork, high-fat/high-sugar foods, artificial additives) for all food consumed on RAS premises, whether school-provided or brought from home.

4. Hydration: Water is the default beverage served at RAS meals and events, and is available throughout the school and at critical times, particularly before, during, and after physical activity.

5. Nutrition Education and Staff Awareness: RAS delivers nutrition education through the formal curriculum and other engagement strategies (e.g., cooking classes, workshops), covering healthy and balanced eating, reading food labels, sustainable meal practices, and the impact of food marketing. RAS ensures teachers and canteen staff attend relevant training (e.g., through ADPHC) on healthy eating, allergen identification, and emergency response, and use positive, wellbeing-focused language about food rather than language concerning body image.

Procedures

1. Active Supervision at Meals: RAS conducts daily visual compliance spot checks on lunchboxes in a non-invasive, respectful manner; ensures every student has access to a meal daily (unless fasting); remains vigilant of concerning food-related behavior (e.g., eating disorders, food-related bullying) and reports observations to parents through the nurse, counselor, or relevant staff; and models good eating habits, with staff on duty for KG and Cycle 1 sitting with and supervising students during meals.

2. Enforcing Lunchbox Compliance: Following non-compliance notifications to parents, RAS may offer a healthier alternative from its food services (with parents charged and notified in advance, as per the parent-school agreement) for schools with food services; for schools without food services, RAS may only ask students to put away non-compliant snacks/beverages if the student has a compliant main meal item. Confiscated items are only disposed of through a donation system (never discarded), and students may not eat confiscated or returned non-compliant food on RAS premises, including on the bus.

3. Sharing of Food: Food sharing in class is only authorized with parental consent, where shared food meets ADG2 requirements (excluding Red List items), is properly handled and stored, and in-class celebrations use non-food rewards (e.g., stationery, school-wide recognition) wherever possible. For school-wide events, food is labeled to respect dietary restrictions, and RAS is not responsible for food-related incidents arising from food sharing.

4. Microwaves and Personal Hygiene: Microwaves are not placed in visible areas or authorized for student use. RAS displays handwashing/sanitization signage in eating areas and ensures students wash or disinfect their hands before eating, with staff assisting younger children as needed.

5. Food Services and Delivery: RAS's food service providers are SEHHI-certified (or formally registered pending SEHHI certification) and their contracts require compliance with ADG2 and ADPHC requirements. Non-compliance by food services is reported to ADAFSA. External food delivery services (e.g., Talabat, Careem, Deliveroo) are not permitted for student use during school hours, and staff use discretion to avoid unintentionally promoting unhealthy food in front of students.

6. Special Considerations: RAS considers the religious, cultural, and ethical needs of minority groups in food service decision-making. For students with food allergies and intolerances, RAS maintains allergy records in the canteen, ensures food labels warn of allergens, considers allergies when planning activities and meals, requires parents to notify the school of new allergies and provide relevant medicines, conducts risk assessments, and maintains procedures to manage allergic reactions, including severe reactions. For special dietary requirements (e.g., high-performance athletes, medical conditions), parents submit written, justified requests, and RAS collaborates with approved suppliers on inclusive menus.

7. Sustainability: RAS implements a strategy to improve the sustainability of its food services, including sustainable meals/products, waste reduction and packaging management, and promotion of sustainable practices among staff, students, and parents. Any school-produced food (e.g., from onsite gardens) is handled per food safety and hygiene standards, accounting for students' allergies, dietary restrictions, and cultural preferences.

8. Food Marketing: RAS employs marketing strategies that promote healthy and safe eating, and prohibits the display, sale, or advertisement of non-compliant food and related brands at events (e.g., sports days, fundraisers, celebrations) or through unintentional marketing (e.g., delivery bags with restaurant logos).

9. Records and Continuous Improvement: RAS keeps records of all food-related complaints and establishes response procedures. RAS actively engages parents, staff, students, and food service providers through feedback mechanisms (e.g., tasting sessions, surveys) to continuously improve its healthy eating culture.

Responsibilities

Principal: Ensures RAS's Food and Nutrition Policy is implemented, resourced, and communicated to the school community.

Food Services Provider: Complies with ADG2, ADPHC, and Federal Law No. (10) of 2015 on Food Safety requirements; maintains SEHHI certification and valid licenses.

Teachers and Canteen Staff: Supervise mealtimes, conduct lunchbox spot checks, complete required food safety and allergen training, and model positive food behavior.

School Nurse/Counselor: Maintains student allergy records, supports management of allergic reactions, and helps address concerning food-related behavior.

Parents: Pack compliant, balanced lunches; notify RAS of any allergies or dietary requirements; and engage with RAS's nutrition education sessions.

Students: Follow RAS's food and hygiene guidelines, avoid sharing food without consent, and clean up after themselves at mealtimes.

Compliance

This policy is effective as of the start of Academic Year 2024/25 (Fall term). RAS is fully compliant with this policy as of the start of Academic Year 2025/26 (Fall term), and with the updated requirements of ADG2 version 1.2 by 30 March 2026.

Failure to comply with this policy may result in legal accountability and the penalties stipulated by ADEK's regulations and policies, without prejudice to the penalties provided under Federal Decree Law No. (31) of 2021 Promulgating the Crimes and Penalties (and its amendments), or any other relevant law. ADEK reserves the right to intervene if RAS is found to be in violation of its obligations.

Compliance with this policy is monitored by the Health and Safety Officer/Wellbeing Lead, who reports on its effectiveness to the Principal on an annual basis.

Related Policies and References

- ADEK School Food and Nutrition Policy
- ADEK School Sustainability Policy
- ADEK School Parent Engagement Policy
- ADEK School Health and Safety Policy
- ADEK School Student Behavior Policy
- ADEK School Records Policy