



# Healthy Eating and Food Safety Policy

June 2024

## Introduction

A safe and healthy diet is key to physical and mental health and is therefore an important factor in maintaining overall wellbeing. In fostering the wellbeing of the College community, Brighton College Al Ain has a duty to create a safe and healthy food environment and to actively promote healthy food choices. In addition, we have a responsibility to ensure that our food provision supports our efforts to improve the environmental sustainability of our operations.

## Purpose

- Ensure that Brighton College Al Ain canteens comply with the Abu Dhabi Guideline for Food Canteens in relation to the healthy and safe provision of food services.
- Improve the nutritional awareness and meal practices of the whole College community by increasing their understanding of healthy and sustainable food habits.

## Definitions

<b>Carbon Footprint</b>	The amount of greenhouse gases released as the result of a particular activity.
<b>Food Label</b>	Any tag, brand, pictorial, or other descriptive matter marked on or attached to a food container or product, which provides information related to the food, including its ingredients, quality, and nutritional value (FAO and WHO, 2018).
<b>Food Services</b>	Arrangements made by schools for students and staff to obtain food during the school day, during extracurricular activities, and during any events organized by the school.
<b>Healthy Eating</b>	Consuming a variety of foods to ensure the intake of nutrients (carbohydrates, healthy fats, proteins, vitamins, and minerals) and fluids in appropriate proportions and quantities to support the energetic and physiological needs of the individual and maintain overall health. Healthy eating includes sustainable practices that consider the health of the planet (Cena & Calder, 2020).
<b>Nutritional Value</b>	The measure of the healthiness of a food item based on the quantity of nutrients contained in it.
<b>School Canteen</b>	A place equipped for the preparation, distribution, and sale of healthy, permitted food for students and staff in a school.
<b>Sustainable Meal Practices</b>	Meal practices with low environmental impacts, including low carbon footprint, and which are accessible, affordable, and healthy, while optimizing natural and human resources (FAO, 2010).
<b>Waste Management</b>	Processes and actions required to manage waste from its inception to its final disposal (Ebeid & Zakaria, 2021).



## 1. Promotion of Healthy Eating

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- 1.1. The College promotes a healthy food culture that encourages a healthy eating environment of nutrition-rich foods for all members of the College community.
- 1.2. Unsafe food items such as those containing allergens (e.g., nuts) are prohibited for personal consumption or distribution on the College premises and this information is shared with all members of the College community at various points throughout the academic year. It is within the parent handbook and pupil induction materials.

### 1.3. Healthy Food Services:

The College offers food services via a 3<sup>rd</sup> party provider: Emirates Taste. The College leadership liaises with the company to ensure that students and staff are provided with healthy, nutrient-rich food in line with the requirements of the Abu Dhabi Guideline for Food Canteens in Educational Institutions.

The College ensures that all licences are valid and that inspection records and notices are updated, monitored and maintained.

### 1.4. Nutrition Education:

The College delivers nutrition education to students through a wide variety of workshops, the curriculum and CCA's. These initiatives allow our pupils to make active and informed choices. Our curriculum includes the following elements:

1. Healthy and balanced eating.
2. Reading of food labels.
3. Sustainable meal practices.

### 1.5. Staff Awareness:

The College recognises the importance of staff awareness of healthy eating and nutrition. When training becomes available by the Abu Dhabi Public Health Center (ADPHC) and other relevant entities in relation to healthy eating, we will ensure that staff undertake the training. This will enable them to promote healthy eating when supervising and/or interacting with our pupils.

### 1.6. Parent Engagement:

The College shares all guidelines and policies regarding healthy eating, children's health, allergies and nutrition with parents. This includes any information regarding food restrictions based on allergies or what to foods to avoid based on the AD Quality and Conformity Council.



Where we have shared events, there is communication to parents to remind them of the guidelines for any food that they may bring with them.

Where we have any concerns regarding any food brought in by either pupils or parents, we will communicate this on the same day.

## 2. Day to day practice

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- 2.1 Pupils are encouraged to eat a healthy and balanced diet and are actively supervised during snack and meal times to ensure that they are not consuming unacceptable foods such as nuts or other food items that can cause an allergic reaction and harm others.
- 2.2 Pupils are supervised to ensure that they have access to a meal every day (unless fasting)
- 2.3 Staff are vigilant and mindful to not directly approach pupils publicly regarding the contents of their lunchbox or choice of canteen food. This approach takes into consideration any pupils who may have food related anxiety or disorders.
- 2.4 Within the Junior School, all food /lunch box related concerns are communicated directly with the parents for further discussion. Within the Senior School conversations regarding any concerns should be away from peers and approached in a sensitive and non-judgemental manner, or via their House master / mistress. Where there are ongoing concerns, parents will be contacted.
- 2.5 All staff are vigilant to spot potential signs of any concerning food-related behaviours. Any concerns will be reported to the appropriate pastoral team.

## 3. Food Services

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- 3.1 Quality Check and Compliance: The College adheres to the Abu Dhabi Guideline for Food Canteens in Educational Institutions and Federal Law No. (10) of 2015 on Food Safety in the provision of food services.
- 3.2 Food Delivery Services: The College does not permit students to use external food delivery services (e.g., Talabat) during school hours.



#### 4. Pupil collaboration

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- 4.1 The College engages the pupil council and pupil body in the planning and improving of our school food services. Termly Microsoft Form surveys are completed by pupils in order to give their suggestions and following the feedback, representatives of our pupil council meet with Emirates Taste to give feedback.
- 4.2 The College takes into consideration the religious, cultural, and ethical needs of minority groups, and we ensure that we involve these groups in decision-making related to food services and the use of food labels.

#### 5. Food Allergies and Intolerances

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- The College maintains records of pupils' food allergies and intolerances and keeping a copy of the records in the school canteen.
- We ensure that food labels provide warnings regarding allergens in food provided through the school's food services.
- When events and College activities are being planned we ensure that all pupils are adequately catered for with plenty of choice.
- Within our Parent Engagement Policy, we urge parents to notify the College as soon as possible if their child develops an allergy and provides any required medicine.
- We share food allergy records of pupils with relevant staff members and respective parents and pupils to minimize the risk of accidental exposure to allergenic food substances.
- The College clinic creates and conducts appropriate risk assessments related to any pupil allergies and ensures procedures are put into place to mitigate any risk.
- If any member of the College community experiences a severe reaction, we immediately inform the College clinic and follow their guidance and procedures as medical professionals.
- Within the College Clinic, all medicines to manage student allergies are appropriately stored and labelled.

#### 6. Shared events and celebrations

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- 6.1 The College will ensure that clear guidelines are shared with any external providers, parents, staff and pupils if food is being provided for a shared event e.g. National Day, International Day etc. These guidelines include (but are not limited to) the prohibition of alcohol, carbonated drinks, pork products and nuts. The College may include other limitations dependant on the event and the participants.
- 6.2 The College does not allow pupils or parents to supply doughnuts, cakes, sweets or any other unhealthy treats for birthday celebrations. Any food sharing of other items must be approved in advance by the Deputy Head of Pastoral of the Junior or Senior School.



## 7. Monitoring and Review

### Approved by

Policy to be reviewed and checked annually by the Head Master.

On behalf of the College Oliver Bromley-Hall -Headmaster

On behalf of the Board of Governors Craig Lamshed - General Manager, Bloom Education

### Change History Record

Version No.	Description of Change	Owner	Date of Issue
1.0	Updated – new template	<b>Victoria Shillingford</b>	<b>June 2024</b>

### Brighton College Al Ain Policies and Guidelines

Brighton College Al Ain policies have been developed by the College Leadership Team (CLT) with input and guidance from the Brighton College network, including Brighton College UK.

Policies reflect current best practice.

At the time of writing, policies aligned with the following:

- ADEK Guidance and Guidelines for Private Colleges
- MOE United Arab Emirates College Inspection Framework
- DSIB College Inspection Supplement
- The College’s Academic Plan written for ADEK approval
- Standards for British Colleges Overseas (DfE)
- COBIS Accreditation and Compliance
- Bloom Education and Bloom Holding policies where applicable

Should any regulations change or develop further, the policies will be reviewed to ensure continued alignment.



Policies will show the date of writing and reviews on them. Version control will also be in place. Should there be an error or inaccurate fact in any policy, a CLT member should be notified.

#### Policy Development

Policies will continue to be developed as strategic priorities



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Brighton College Al Ain

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