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Liwa Education

Healthy Eating and Food Safety Policy

Policy Document

2025-2026

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A. Rationale

Liwa Education is committed to promoting the physical and mental well-being of its students and staff. A healthy eating environment fosters better learning outcomes, enhances overall health, and supports sustainable practices. This policy aligns with ADEK's Healthy Eating and Food Safety guidelines to establish and maintain a safe and nutritious food environment.

B. Purpose

This policy ensures that:

1. All food services comply with the Abu Dhabi Guideline for Food Canteens in Educational Institutions.
2. The school community understands the importance of healthy and sustainable eating practices.
3. The nutritional needs of all students, including those with dietary restrictions, are met safely and inclusively.

C. Policy

Liwa Education is dedicated to:

1. Providing and promoting healthy, safe, and sustainable food options.
2. Educating students on balanced nutrition and food sustainability.
3. Ensuring compliance with food safety standards and addressing the needs of diverse dietary requirements.

Roles and Responsibilities

School Administration:

1. Ensure the implementation and adherence to the food safety policy.

2. Facilitate regular training sessions for staff on food safety and healthy eating practices.
3. Oversee the operation of food services to ensure compliance with health and safety regulations.

Safety Officer:

1. Ensure the implementation and continuous monitoring of all safety protocols related to food preparation and consumption within the school. This includes overseeing adherence to food safety standards and regulations.
2. Organize regular training sessions for all school staff on food safety practices, emergency procedures related to foodborne illnesses, and proper hygiene techniques.
3. Conduct regular inspections of school canteen facilities and food service operations to ensure compliance with local and international food safety standards. Address any non-compliance issues promptly.
4. Develop and implement emergency response plans for handling foodborne illnesses and outbreaks, including coordination with local health authorities.
5. Maintain accurate and up-to-date records of all inspections, training, and incidents related to food safety, providing reports to school administration and regulatory bodies as required.

School Doctor/Nurse:

1. Monitor the health implications of the school's meal programs and advice on nutritional content, with a focus on catering to students' specific health needs, such as allergies or dietary restrictions.
2. Provide immediate medical care and management in the event of food-related illnesses or allergic reactions among students and staff.
3. Contribute to the school's health education programs by providing expertise on topics related to nutrition, healthy eating habits, and managing allergies.
4. Work closely with the school's nutritionist, canteen staff, and safety officer to ensure that the food served meets the health requirements of all

students. Provide guidance on modifying menus for students with special dietary needs.

5. Maintain detailed health records for students, particularly those with known allergies and dietary restrictions. Regularly update these records and communicate any relevant health concerns to parents and school authorities.
6. Assist in developing health policies related to food consumption at school, including hygiene practices and responses to health emergencies related to food.

Teachers:

1. Promote healthy eating in the classroom and during school events.
2. Participate in training related to food safety and healthy eating practices.
3. Report any concerns regarding student diet or reactions to food to the administration.

Canteen Staff:

1. Prepare and serve food in accordance with established nutritional and safety guidelines.
2. Maintain cleanliness and hygiene in food preparation areas to prevent contamination.
3. Keep accurate records of food supplies and allergens, ensuring all foods are correctly labeled.

Parents:

1. Provide the school with up-to-date medical information regarding their child's food allergies or dietary restrictions.
2. Support the school's food policies by encouraging healthy eating at home.
3. Participate in discussions and feedback opportunities regarding the school's food services.

Students:

1. Follow the guidelines set for healthy eating while on school premises.
2. Report any dietary issues or food safety concerns to school staff.
3. Participate actively in educational sessions about nutrition and food safety.

Healthy Eating Guidelines

1. All meals provided must meet the nutritional standards outlined in ADEK guidelines.
2. Unhealthy items, such as sugary snacks and caffeinated beverages, are prohibited.
3. Adequate supervision during mealtimes to ensure safe and appropriate eating habits.

Educational Initiatives

1. Nutrition education integrated into the curriculum.
2. Workshops and campaigns for staff, students, and parents to promote healthy food choices.
3. Promote plant-based meal options and integrate education on sustainable food practices into nutrition workshops and campaigns.

Special Considerations

1. **Allergy Management:**

1.1 Records of Allergies: Liwa International School will maintain and regularly update records of students' food allergies and intolerances. Copies of these records will be kept accessible in the school canteen and health office to ensure all food prepared for or served to affected students meets safety standards.

1.2 Food Labeling: All food items provided through the school's food services will include clear labeling that identifies potential allergens.

This is to ensure that students and staff are fully informed about the ingredients in their meals to prevent allergic reactions.

2. Proactive Allergy Planning:

2.1 Inclusion in School Activities: When planning school activities and meals, considerations will be made for students' allergies and intolerances to ensure all students can participate safely.

2.2 Parental Notification Requirement: Parents are required to notify the school immediately if their child develops a new allergy or if there are any changes to their existing allergies. They must also provide the school with any necessary medications that their child might require in response to an allergic reaction.

3. Risk Management and Emergency Procedures:

3.1 Risk Assessments: Conduct thorough risk assessments related to student allergies and implement appropriate risk mitigation measures to minimize the chance of allergic reactions.

3.2 Emergency Response Procedures: Establish clear procedures to manage allergic reactions among students, including steps to take in case of a severe reaction, ensuring quick and effective treatment.

3.3 Medication Management: Medications required for managing student allergies will be appropriately labeled and stored in easily accessible locations, with staff trained in how to administer these medications in case of an emergency.

4. Inclusivity:

4.1 Provide meal options that cater to cultural, ethical, and dietary preferences.

Monitoring and Compliance

Monitoring and Evaluation:

1. Compliance Checks: Regular audits and checks to ensure adherence to ADEK policies and this food safety policy.
2. Feedback and Continuous Improvement: Establishing a feedback mechanism from students, parents, and staff to continually assess and improve food service practices.
3. The FM-16 Healthy Eating and Food Safety Policy shall be published on the school website and made accessible to all stakeholders, including staff, students, vendors, and parents.

Healthy Eating Guidelines (Sustainability Addendum)

- Implement specific waste reduction practices such as portion control and recycling as part of the food services.
- Prohibit the use of external food delivery services during school hours.

Documentation and Record Keeping:

1. Maintaining comprehensive records of compliance, training, and feedback to support continuous improvement and adherence to regulations.

D. Appendix

Appendix A: Food Safety Training Curriculum

- Outline of the training program provided to canteen staff and any other personnel involved in food preparation and service.

Appendix B: Standard Operating Procedures (SOPs) for Food Handling

- Detailed SOPs for receiving, storing, preparing, and serving food within school facilities.

Appendix C: Emergency Response Plan for Foodborne Illnesses

- Step-by-step response plan detailing what actions to take in the event of a foodborne illness outbreak or allergic reaction, including communication protocols and first aid procedures.

Appendix D: Compliance Checklist

- A checklist used during inspections to ensure all aspects of food safety are covered, which can be used for routine audits.

References

- Abu Dhabi Department of Education and Knowledge (ADEK)
- Abu Dhabi Quality and Conformity Council (QCC)
- Abu Dhabi Public Health Center (ADPHC)

Policy Owner Department

Facilities Department

Key Stakeholders		
Policy Owner:	Tariq Mohammad	Director of Facilities
Reviewed by:	Margaret Haynes	Director of Schools
	Kevin Wallis	Deputy CEO
Approved by:	Dr. Shereen Gobran	Chief Executive Officer