



Bright Riders School, Abu Dhabi

School Food and Nutrition Policy

1. Introduction

Bright Riders School recognizes that healthy nutrition is essential for students' physical growth, mental wellbeing, academic performance, and overall development.

The school is committed to creating a safe, healthy, inclusive, and sustainable food environment that promotes lifelong healthy eating habits while ensuring compliance with Abu Dhabi regulatory requirements.

This policy establishes clear standards for food provision, food safety, sustainability, allergy management, and community engagement within the school.

2. Purpose

This policy aims to:

1. Ensure full compliance with ADG2 nutrition and food safety standards.
2. Promote healthy and balanced eating habits among students and staff.
3. Maintain strict food hygiene and safety practices.
4. Protect students with allergies and special dietary needs.
5. Promote environmentally responsible and sustainable food practices.
6. Engage parents as active partners in supporting healthy eating habits.

3. Scope

This policy applies to:

- School canteen and food service providers
- Vending machines and kiosks
- Food brought from home
- Classroom celebrations
- School events, trips, and extracurricular activities
- All students, staff, parents, and visitors

4. School Commitment

Bright Riders School commits to:

- Providing a healthy food environment free from prohibited items
- Ensuring food safety in preparation, storage, and handling
- Promoting balanced meals based on ADG2 MyPlate guidance
- Eliminating exposure to unhealthy food marketing
- Supporting sustainability and reducing food waste

This policy is published on the school website and shared with parents, staff, and vendors.

5. Promotion of Healthy Eating

5.1 Healthy Food Environment

The school ensures that:

- Only approved, nutritious food options are available on campus.
- Food served during school hours meets ADG2 nutritional standards.
- Students are encouraged to make healthy food choices daily.

5.2 Balanced Meals (Lunch Requirements)

All school-provided and home-packed lunches must:

- Include whole grains or healthy carbohydrates
- Include lean protein
- Include vegetables
- Include fruit
- Include water as the default beverage

Students may not purchase isolated food items at lunch unless part of a balanced meal.

Dessert's meeting ADG2 sugar limits are permitted only during break time and limited to one portion.

5.3 Red List Prohibited Items

The following are strictly banned on campus:

- Deep-fried foods
- Carbonated drinks (regular, diet, zero)
- Energy drinks
- Caffeinated beverages
- Fruit syrup drinks
- High-sugar desserts

- Processed meats (hotdogs, salami, pepperoni)
- Pork and alcohol-containing food
- Artificial colours and additives
- High fructose corn syrup
- MSG (monosodium glutamate)
- Artificial sweeteners not approved under UAE regulations
- Nuts, soy, sesame products (due to allergy concerns)

Non-compliant items may be confiscated according to school procedures and returned home.

5.4 Hydration

- Water is the default beverage at all times.
- Students are reminded regularly to drink water.
- Additional hydration reminders are given before, during, and after physical activity.
- Water stations are accessible across campus.

5.5 Food Sharing

Food sharing during regular school hours is discouraged to prevent:

- Allergy risks
- Cross-contamination
- Cultural or dietary conflicts

Class celebrations should use non-food rewards such as stationery or activity-based celebrations.

For approved school-wide events, food must be labelled clearly.

5.6 Microwave Usage

Microwaves are not accessible to students to prevent safety and hygiene risks.

5.7 Lunchbox Monitoring

The school conducts respectful visual spot checks to ensure compliance.

Procedure:

1. Parents are notified on the same day for non-compliance.
2. After three notifications, a healthy replacement meal may be provided (chargeable).
3. Confiscated food will not be consumed on school premises.
4. Food waste is minimized through donation systems where permitted.

Repeated concerns are addressed through meetings with parents and wellbeing staff.

6. Personal Hygiene

Students must:

- Wash or sanitize hands before eating
- Keep eating areas clean
- Dispose of waste responsibly

Signage is displayed in dining areas. Staff support younger students during mealtimes.

7. Nutrition Education

Bright Riders School integrates nutrition education into the curriculum.

Topics include:

- Balanced diet and food groups
- Reading food labels
- Sustainable eating
- Impact of food marketing
- Healthy body image

Workshops, competitions, and awareness campaigns are conducted regularly.

8. Staff Responsibilities

All staff:

- Model healthy eating behaviour
- Avoid consuming non-compliant food in front of students
- Use positive language about food and body image
- Supervise mealtimes actively
- Attend relevant nutrition and allergy management training

9. Parent Engagement

The school will:

- Share lunchbox guidelines at the beginning of the year
- Provide the Red List to parents
- Communicate food-related concerns on the same day
- Ensure communication is respectful and culturally sensitive

Food guidelines are included in the Parent Handbook and School-Parent Agreement.

10. Food Services and Vendors

Food services must:

- Comply with ADG2 requirements
- Maintain valid licenses
- Follow Federal Food Safety Law
- Be SEHHI-certified or registered suppliers

The school does not permit external food delivery services during school hours.

Non-compliance by vendors will be reported to the appropriate authorities.

11. Special Considerations

11.1 Minority and Cultural Considerations

The school respects religious, ethical, and cultural dietary needs and ensures inclusive menu planning.

11.2 Allergies and Intolerances

The school will:

- Maintain updated allergy records
- Share allergy information with relevant staff
- Ensure allergen labelling in the canteen
- Conduct risk assessments
- Maintain emergency response procedures
- Store allergy medication appropriately

Parents must notify the school immediately of any new allergy diagnosis.

11.3 Special Dietary Requirements

Written requests must be submitted for:

- Medical dietary needs
- High-performance athletes
- Religious fasting accommodations

The school will work with suppliers to provide appropriate alternatives.

12. Sustainability

Bright Riders School promotes sustainable meal practices by:

- Encouraging plant-based meal options
- Reducing packaging waste

- Promoting reusable containers
- Managing portion control
- Reducing food waste
- Supporting local suppliers where possible

13. Food Marketing

The school prohibits:

- Advertisement of non-compliant food brands
- Display of fast-food logos
- Marketing tactics targeting students

Healthy food promotion strategies will be used instead.

14. Records and Complaints

The school:

- Maintains records of food-related complaints
- Investigates concerns promptly
- Documents corrective actions
- Reviews the policy annually

15. Compliance and Accountability

This policy is effective from AY 2024–2025.

Full compliance is mandatory by AY 2025–2026.

Failure to comply may result in regulatory action in accordance with Abu Dhabi education regulations.

16. Policy Review

This policy will be reviewed annually or as required by regulatory updates.

Approved By:

Rachna Prakash
Principal
Bright Riders School- Abu Dhabi

