

FOOD AND NUTRITION POLICY

Policy Statement

At Creative British School (CBS), we are committed to fostering a healthy school environment by promoting balanced nutrition, food safety, and sustainable eating habits. We recognize that informed food choices are essential for student health, well-being, and academic performance. This policy aligns strictly with the ADEK School Food and Nutrition Policy (November 2025) and adheres to the Abu Dhabi Guidelines for Safer Food (ADG2). It applies to all food and beverages served, sold, or consumed on school premises, including events, and packed lunches brought from home.

Aims and Objectives

- **Health Promotion:** To cultivate a culture of healthy eating by adhering to the "MyPlate" nutritional standards and increasing awareness of the link between nutrition and well-being.
- **Safety & Inclusion:** To ensure all students have access to safe food, free from contaminants and allergens, respecting medical, religious, and cultural dietary requirements.
- **Parental Engagement:** Support parents in preparing healthy meals and snacks aligned with CBS nutritional standards. Provide workshops, guidance, and educational resources on healthy lunchbox preparation.
- **Sustainability:** To promote sustainable food consumption, including waste reduction and the use of locally produced options where possible.
- **Compliance:** To meet all regulatory requirements set by ADEK, Abu Dhabi Public Health Center (ADPHC), and ADAFSA.

Nutritional Standards and "The Red List"

The "**Red List**" (Prohibited Items)

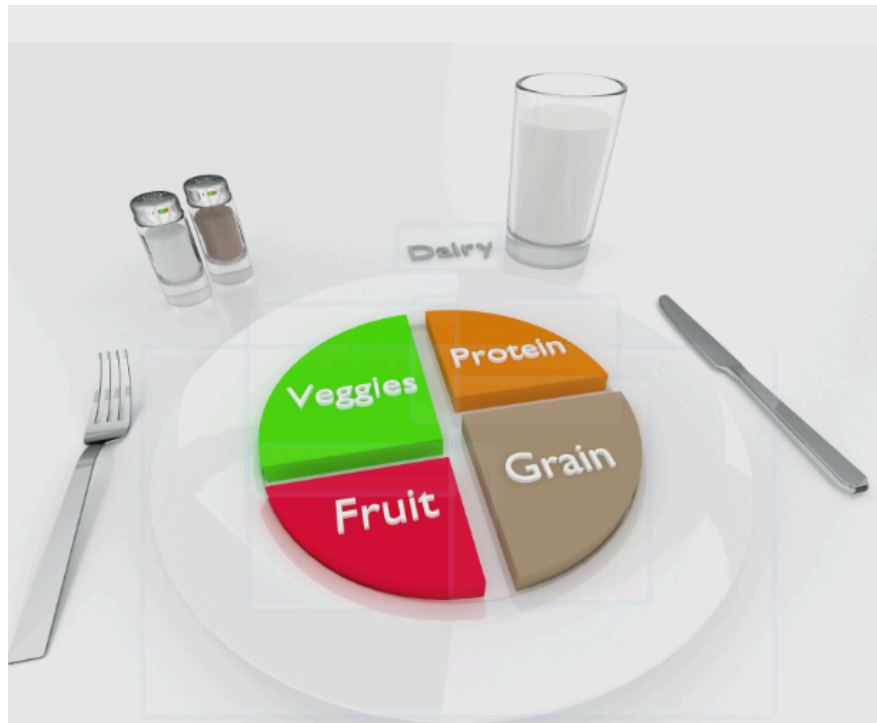
To ensure compliance with ADG2 requirements, the following items are strictly prohibited on school grounds (in canteens and packed lunches):

- **High-Sugar/High-Fat Foods:** Deep-fried foods (nuggets, fries, samosas), crisps, chocolates (under 50% cocoa), sweets, lollipops, and doughnuts.
- **Processed Meats:** Sausages, luncheon meats, and nuggets that do not meet nutritional standards.
- **Unhealthy Beverages:** All soft drinks (soda), energy drinks, and fruit drinks with added sugar.
- **Pork Products:** Strictly prohibited in line with cultural and religious values.
- **Nuts:** Strictly prohibited due to severe allergen risks (Peanuts, tree nuts, etc.).

Balanced Meals (MyPlate)

All main meals (whether bought or packed) must strive to meet "**MyPlate**" standards:

- ½ Plate: Fruits and Vegetables.
- ¼ Plate: Whole Grains/Starchy Carbohydrates.
- ¼ Plate: Lean Proteins (Meat, fish, legumes).



Hydration

- Water is the default beverage. Water coolers are available throughout the school; students must bring reusable water bottles.

Packed Lunch and Home Food Guidelines

Parents are encouraged to pack balanced meals, incorporating the following food groups:

- **Meat, fish, and protein alternatives**
- **Dairy foods**
- **Grains, cereals, and starchy vegetables**
- **Fruit and vegetables**

Packed lunches must be:

- Nut-Free and Pork-Free.
- Balanced: Containing a main protein, grain/starch, vegetable, and fruit.
- Safe: Transported in temperature-controlled containers (cool bags with ice packs).
Microwaves are not available for student use due to safety and hygiene regulations.

Lunchbox Monitoring

In accordance with ADEK regulations (Section 2.8), the school implemented a respectful monitoring system:

- Each classroom will maintain a Food Checklist along with a “**My Plate**” visual guide to support daily monitoring of healthy eating.
- In the Primary School, form tutors will conduct a daily visual food check during the first 10 minutes of the breaks, while students eat inside the classroom under their supervision. In the Secondary School, students will eat in the designated shaded area, where secondary teachers will supervise and ensure food brought to school aligns with the CBS Food and Nutrition Policy.
- Notification: Parents will be notified on the same day if a lunchbox is non-compliant (contains Red List items or is unbalanced).

Intervention Protocol:

- First 3 Incidents: Parents receive supportive notifications/reminders.
- After 3 Incidents: The school is authorized to provide a healthy alternative meal and charge the parent for this provision.
- Confiscation: Non-compliant items (e.g., large bags of chips, soda, candy) may be confiscated or returned home. Students will strictly not be allowed to consume these items on school premises.

Food Services

- Food Delivery: CBS does not permit students to use external food delivery services during school hours.

Special Considerations

Allergies and Anaphylaxis

- Register: The school nurse maintains an up-to-date Allergy Register shared with relevant staff.
- Emergency: Staff are trained in emergency response (EpiPen administration) for allergic reactions.
- No Sharing of Food: Students are not allowed to share food, to protect those with allergies and respect individual dietary preferences.

Events and Celebrations

- Non-Food Rewards: Teachers are encouraged to use non-food rewards (stickers, recognition) rather than sweets.
- Birthdays: We encourage non-food celebrations. If food is provided, it should be limited to healthy options (e.g., fruit kebabs).
- School Events: Any food sold or provided at events (e.g., National Day, Cultural Day) must comply with ADG2 safety and hygiene standards.

Healthy Lunchbox Reward System

- CBS has introduced a Healthy Lunchbox Reward System to encourage students to bring nutritious meals to school.
- Students who bring a healthy lunchbox will receive House Points as part of our positive behaviour and wellbeing program.
- These points will be recorded by the class teacher or supervising staff as part of the daily food check.
- At the end of each term, CBS will issue certificates to students who have earned the highest number of Healthy Lunchbox Points.

Curriculum and Education

Healthy eating is integrated throughout the school curriculum:

- **Curriculum Integration:** Healthy eating education is taught through Science, Physical Education (PE). Students learn about balanced nutrition, food safety, and sustainability.
- **Nutrition Workshops:** The school organizes nutrition workshops for students and parents to further enhance understanding of healthy eating.
- **Practical Learning:** Opportunities are provided for students to engage in hands-on learning, such as cooking classes.

Sustainability and Environmental Responsibility

In line with ADEK's sustainability guidelines, CBS is committed to promoting sustainable meal practices:

In line with ADEK's sustainability strategy:

- **Waste Reduction:** We aim to minimize food waste through portion control and education.
- **Packaging:** Parents and students are encouraged to use reusable containers and avoid single-use plastics and foil.

Compliance and Monitoring

This policy adheres to the ADEK **Food and Safety Policy** and is part of CBS's commitment to creating a safe, inclusive, and healthy food environment for all students. The policy will be reviewed annually to ensure continued compliance with ADEK regulations and to respond to any emerging needs or concerns.