



Australian International School
المدرسة الاسترالية الدولية

HEALTHY EATING & FOOD SAFETY POLICY

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1. Policy Statement

Australian International School Dubai (AISD) is committed to providing a safe and healthy food environment that supports student health, wellbeing and learning.

The school promotes healthy eating, good hydration and safe food practices across the school community. Food provided or consumed at school must be managed in accordance with applicable **Dubai Municipality, KHDA, UAE and school requirements.** ([Dubai Municipality](#))

2. Aims

This policy aims to:

- Promote healthy and balanced food choices and support positive lifelong eating habits
- Maintain high standards of food safety and hygiene
- Protect students with allergies, intolerances and dietary requirements
- Provide clear expectations for food brought from home and food provided at school
- Promote good hydration
- Reduce food waste and unnecessary packaging
- Ensure appropriate evidence is maintained for regulatory and inspection purposes

3. Scope

This policy applies to all:

- Students
- Staff
- Parents and carers
- Visitors and volunteers
- Catering providers and contractors
- Food served, brought into or consumed on school premises, during school events and educational visits

4. Healthy Eating

AISD encourages students to choose a balanced range of foods, including:

- Fruit and vegetables
- Wholegrain foods
- Suitable and natural sources of protein
- Healthy snacks
- Water as the main drink

Parents are encouraged to provide nutritious, age-appropriate packed lunches and snacks.

The following are **not permitted at school**:

- Pork or Pork-derived products
- Energy and Fizzy drinks
- Food or drinks containing alcohol
- Any food or drink that is prohibited by applicable UAE or Dubai Municipality requirements

The school may introduce additional restrictions where necessary to address a specific health, safety or regulatory concern.

5. Hydration

Students should bring a **reusable water bottle** to school each day.

Students should have regular access to drinking water throughout the school day, including during PE, outdoor activities and sports. Staff should pay particular attention to hydration during periods of hot weather. Water facilities will be maintained in accordance with applicable health and safety requirements.

6. Food Safety and Hygiene

All food provided or handled at AISD must be prepared, stored, transported and served safely.

The catering providers will maintain appropriate standards relating to:

- Food hygiene
- Food storage and temperature control
- Cleaning and sanitisation
- Prevention of cross-contamination
- Allergen management
- Food labelling
- Waste disposal

Catering providers must hold the required approvals and comply with applicable Dubai Municipality and UAE food-safety requirements.

7. Allergies and Dietary Requirements

Parents must inform the school promptly of any:

- Food allergy
- Intolerance
- Medically required dietary restriction
- Any change to a student's medical or emergency medication requirements

The School Clinic will maintain relevant medical and allergy information and will work with Inclusion, teachers, Operations and catering staff where appropriate.

Where required, individual risk-management arrangements will be established for students with significant allergies or dietary needs. Relevant staff will be informed on a **need-to-know basis** and provided with appropriate guidance on prevention and emergency response.

Students should not share food or drinks with other students.

8. Food from Home and External Deliveries

Food brought from home should be suitable for the student's age, safely packed and consistent with this policy.

External food deliveries for individual students are not permitted during the normal school day, unless specifically authorised by the school. Unauthorised deliveries may be declined by Reception.

9. Celebrations and School Events

Food provided during birthdays, celebrations, events or fundraising activities must comply with this policy and relevant school requirements.

Parents and staff are encouraged to use **healthy or non-food alternatives** for celebrations where possible.

Examples include:

- Fruit
- Stickers
- Certificates
- Books
- Stationery

Any external food provider used for a school event must be approved by the school and comply with applicable food-safety requirements.

Event organisers are responsible for considering:

- Food safety
- Allergies and dietary requirements
- Appropriate food handling and storage
- Waste management

10. Ramadan and Cultural Considerations

AI SD respects the cultural, religious and dietary diversity of its community.

Food provision and eating arrangements will be managed appropriately during Ramadan and other relevant periods, in accordance with UAE requirements and school procedures. Where required, suitable vegetarian, vegan or other dietary options will be considered.

11. Nutrition Education and Wellbeing

Healthy eating and hydration will be promoted through appropriate curriculum and wellbeing activities.

Students may develop an understanding of:

- Balanced nutrition and healthy food choices
- Hydration
- Physical activity
- Food safety
- Sustainability and reducing food waste

AISD will promote healthy eating as part of a wider approach to **student wellbeing**, rather than focusing solely on food or weight.

12. Sustainability

AISD encourages responsible food practices, including:

- Use of reusable water bottles
- Reducing food waste
- Avoiding unnecessary packaging
- Appropriate recycling and waste disposal
- Responsible consumption

Sustainability messages may be incorporated into curriculum activities, parent newsletter and school initiatives

13. Roles and Responsibilities

Role	Responsibility
School Leadership	Provides overall oversight and ensures implementation of the policy
Compliance	Monitors regulatory requirements, documentation, inspections and compliance actions.
School Clinic	Maintains relevant medical/allergy information and manages food-related medical incidents.

Catering Provider	Ensures food preparation, hygiene, storage and service comply with regulatory requirements.
Operations	Supports appropriate facilities, cleaning, waste management and environmental controls.
Teachers & Supervisors	Supervise students during eating times and reinforce safe and healthy practices.
Reception	Manages unauthorised external food deliveries.
Parents/Carers	Provide suitable food and current medical information and follow school requirements.
Students	Follow food-safety expectations and make responsible choices.

14. Monitoring and Compliance

AISD will monitor implementation through:

- Catering and canteen checks
- Food-safety documentation
- Allergy and dietary information reviews
- Staff training
- Incident records
- Event and food-provider approvals
- Parent and student feedback
- Internal compliance reviews

The Compliance function will maintain relevant evidence for **KHDA, Dubai Municipality and other applicable inspections**. Any identified concerns will be addressed through the school's relevant procedures.

15. Staff Training and Communication

Relevant staff will receive information or training on:

- Healthy eating expectations
- Food safety and hygiene
- Allergy awareness
- Emergency procedures
- Their responsibilities under this policy

The policy will be communicated to parents and staff through appropriate school channels. Students will receive age-appropriate guidance through the curriculum, wellbeing activities and school communications.

16. Review

This policy is to be reviewed annually, or earlier where there are changes to:

- Dubai Municipality requirements
- KHDA requirements
- UAE legislation
- School catering arrangements
- Additional Identified health and safety risks