



مدرسة جلوبال الفلبينية

**THE PHILIPPINE GLOBAL SCHOOL**

*Leader in Academic Excellence and Values Formation*

Hadbat Al Zaafaranah, Abu Dhabi, United Arab Emirates

---

## HEALTHY EATING AND FOOD SAFETY POLICY 2025 -2026

### I. Introduction

A safe and healthy diet is essential for supporting both physical and mental wellbeing. At The Philippine Global School, we are committed to promoting good nutrition and ensuring high standards of food safety as part of our responsibility to enhance the overall health and development of our students and staff. Our schools play a critical role in shaping lifelong eating habits, and we recognize the importance of providing a food environment that is not only nutritious but also safe and sustainable.

This Healthy Food and Safety Policy outlines the essential requirements for The Philippine Global School to offer food services that are healthy, hygienic, and environmentally responsible. It is developed in accordance with the *Abu Dhabi Guideline for Food in Educational Institutions* (QCC, 2022) and other relevant regulations set by the appropriate authorities. The policy aims to ensure that all food provided on campus complies with safety and nutrition standards while fostering increased awareness of healthy and sustainable eating practices within our school community.

---

### II. School's Vision and Mission in Healthy eating and food safety policy

#### **Vision statement**

At The Philippine Global School, our vision is to cultivate a health-focused school environment where nutritious, safe, and sustainable food choices are the norm. We aim to empower students, staff, and families to make informed, balanced, and responsible food decisions that support lifelong wellbeing. Our school is committed to meeting the highest standards of food safety, nutrition, inclusivity, and sustainability, in alignment with the Abu Dhabi Guideline for Food in Educational Institutions and relevant local and federal regulations.

## Mission Statement

Our mission is to implement and maintain a comprehensive **Healthy Eating and Food Safety Policy** that reflects our core values of health, safety, and environmental responsibility by:

- **Providing nutritious and sustainable meals** that meet or exceed the standards set by the **Abu Dhabi Guideline for Food in Educational Institutions**, while considering students' diverse dietary needs, cultural backgrounds, and allergies.
- **Creating a food-safe environment** through strict adherence to hygiene standards in food preparation, packaging, storage, and handling, in accordance with **Federal Law No. (10) of 2015 on Food Safety**.
- **Monitoring student food consumption** to promote positive eating habits, ensure inclusivity (e.g., preventing food-related bullying), and address issues such as allergens, meal access, and disordered eating.
- **Delivering nutrition education** across the curriculum and through school-wide activities to enable students to make informed, health-conscious decisions about food.
- **Training staff and engaging parents** to build a united approach to healthy eating and food safety, while ensuring full awareness of food restrictions, dietary guidelines, and the risks associated with unhealthy foods.
- **Promoting environmental sustainability** through initiatives such as plant-based options, waste reduction, portion control, and the use of eco-friendly food packaging and practices.
- **Ensuring compliance** with all relevant food safety and nutrition regulations, including mandatory inspections, licenses, and guidelines issued by ADEK, ADPHC, QCC, ADAFSA, and the DoH.
- **Prohibiting harmful or non-compliant food items** (e.g., alcohol, carbonated drinks, pork, and high-risk allergens) from school premises, events, and shared food activities.
- **Listening to student feedback** to continuously improve school food services and ensure that the dining experience is inclusive, appealing, and aligned with their needs.

Through these collective efforts, The Philippine Global School aims to foster a culture of health and safety, ensuring every student has access to food that supports their physical, mental, and emotional development in a safe, inclusive, and sustainable environment

---

### III. Policy Objectives

#### i. Promote Healthy Eating Habits

The Philippine Global School is committed to promoting healthy eating habits as a fundamental part of fostering student wellbeing, academic performance, and long-term health. In alignment with the **Abu Dhabi Department of Education and Knowledge (ADEK) Healthy Eating and Food Safety Policy**, the school will implement the following measures to encourage the adoption of healthy and sustainable dietary practices:

##### 1. Commitment to Healthy and Sustainable Meal Practices

- The school will offer and promote healthy food choices that are rich in nutrients and meet the **nutritional standards** prescribed in the **Abu Dhabi Guideline for Food in Educational Institutions**.

- All food services provided on campus—including school canteens and meal programs—must comply with the established health and nutrition standards, avoiding foods high in sugar, sodium, trans fats, and artificial additives.

## 2. Creating a Healthy Eating Environment

- The school will foster a supportive food environment that encourages students and staff to make healthy, balanced, and sustainable food choices.
- Healthy eating principles will be reinforced across the school environment, including in the curriculum, school communications, and during food-related events.

## 3. Active Supervision During Mealtimes

To support healthy eating behaviours and protect student safety, the school will ensure:

- **Acceptable foods only** are consumed during snack and meal times (e.g., avoiding items with known allergens that may endanger others).
- **No student is left without a meal**, unless fasting for religious or medical reasons. Teachers and staff will monitor to ensure that all students have access to appropriate food during scheduled eating times.
- **Vigilance for food-related concerns** such as disordered eating, food hoarding, or bullying related to food preferences or allergies. These concerns will be documented and communicated to relevant school staff and parents the same day they are observed.

## 4. Supporting Sustainable Food Practices

- In line with the school's **sustainability strategy**, food services will implement practices that reduce food waste, prioritize plant-based and locally sourced foods, and minimize the environmental impact of packaging and delivery.
- The school will raise awareness of the importance of sustainable consumption through educational activities and student-led initiatives.

## 5. Inclusion and Special Considerations

- The school will actively consider the **cultural, religious, and ethical food preferences** of minority groups to ensure that meal options are inclusive and respectful.
- Students with **food allergies and intolerances** will be protected through allergy-aware menus, clear labelling, and staff training to manage allergic reactions.

## 6. Shared Events and Food Restrictions

- During school events involving food, the school will enforce a **strict no-entry policy** for prohibited items such as **alcohol, carbonated drinks, pork, and common allergens**.
- The school may implement stricter measures during shared events to ensure that healthy and sustainable food standards are upheld.

### ii. Ensure Food Safety and Hygiene

The Philippine Global School is dedicated to maintaining the highest standards of food safety and hygiene to protect the health and wellbeing of all students, staff, and visitors. In compliance with the **Abu Dhabi Department of Education and Knowledge (ADEK)** requirements and the **Abu Dhabi Guideline for Food in Educational Institutions**, the school will implement and enforce the following food safety and hygiene measures:

#### 1. Adherence to Food Safety Standards

- The school shall comply with all food safety regulations outlined in the **Abu Dhabi Guideline for Food in Educational Institutions** and **Federal Law No. (10) of 2015 on Food Safety**.
- All food preparation, packaging, transportation, storage, and handling within school premises will follow strict hygiene protocols to prevent contamination and foodborne illnesses.

## **2. Licensing and Inspections**

- The school will obtain and maintain all necessary valid licenses for food service operations.
- Regular inspections will be conducted to ensure ongoing compliance with food safety regulations, and records of inspections and any corrective actions will be documented and maintained.

## **3. Hygiene Practices for Food Services**

- Canteen and food service staff will adhere to hygiene best practices including proper handwashing, use of gloves and hairnets, and maintaining clean and sanitized food preparation areas.
- Food will be stored at appropriate temperatures and protected from cross-contamination throughout all stages—from delivery to service.

## **4. Training and Awareness**

- All staff involved in food handling and service will receive mandatory training from the **Abu Dhabi Public Health Centre (ADPHC)** or other relevant authorities on food safety and hygiene standards.
- Ongoing professional development will ensure staff remain knowledgeable of best practices and any updated regulations.

## **5. Managing Food Safety Risks**

- The school will implement risk assessments and standard operating procedures to address potential food safety hazards, including allergen management and the prevention of cross-contamination.
- Clear labelling of food allergens will be mandatory to inform students, staff, and parents.
- Procedures for responding to food-related emergencies, including allergic reactions, will be well-established, communicated, and regularly rehearsed.

## **6. Prohibited Food Items and Event Protocols**

- The school enforces a strict prohibition of unsafe or non-compliant food items during school hours and at school events. This includes alcohol, carbonated drinks, pork, and foods containing common allergens unless properly managed.
- Food provided at shared school events must comply with the school's food safety and nutrition guidelines, and parents will be informed of these requirements in advance.

## **7. Communication and Transparency**

- The school will ensure that all food safety policies and practices are clearly communicated and accessible to staff, students, parents, and vendors through the school website and other communication channels.
- Any food safety concerns observed during school hours will be reported promptly to the relevant parties, including parents and health authorities when necessary.

### iii. **Support Environmental Sustainability**

The Philippine Global School recognizes the vital role that sustainable food practices play in protecting our environment and promoting long-term health for current and future generations. In line with the **Abu Dhabi Department of Education and Knowledge (ADEK) School Sustainability Policy** and the **Abu Dhabi Guideline for Food in Educational Institutions**, the school is committed to integrating sustainability into all aspects of its food services and educational programs by implementing the following measures:

#### **1. Sustainable Food Provision**

- The school will prioritize the provision of sustainable food options such as plant-based meals, locally produced ingredients, and foods with a low carbon footprint to reduce environmental impact.
- Menus will be designed to incorporate seasonal and environmentally friendly products whenever possible, supporting local agriculture and reducing reliance on imported goods.

#### **2. Waste Reduction and Management**

- Food services will implement strategies to minimize food waste, including portion control, preventing overstocking, and encouraging responsible consumption among students and staff.
- Waste separation, recycling, and composting programs will be promoted to reduce landfill contribution and encourage environmental stewardship within the school community.

#### **3. Packaging and Single-Use Plastics**

- The school will actively reduce the use of single-use containers, plastic packaging, and disposable cutlery in all food services and school events.
- Environmentally friendly packaging alternatives will be encouraged and, where possible, mandatory to support waste reduction efforts.

#### **4. Promoting Sustainable Practices Among Stakeholders**

- The school will engage students, staff, and parents in sustainability awareness campaigns, workshops, and competitions to foster a culture of environmental responsibility related to food consumption.
- Educational initiatives will emphasize the importance of reducing food waste, recycling, and choosing sustainable food options to empower the school community to make eco-conscious decisions.

#### **5. Integration with School Sustainability Strategy**

- Sustainability goals related to food services will be integrated into the broader **school sustainability strategy** and regularly reviewed to track progress and identify areas for improvement.
- Collaboration with local environmental organizations and authorities will be sought to enhance the school's sustainability efforts and align with wider community goals.

### iv. **Encourage Stakeholder Engagement and Healthy Eating Guidelines**

At The Philippine Global School we are committed to fostering a school environment that promotes health, wellbeing, and academic success through proper nutrition and safe food practices. In line with the **ADEK policy, Ministry of Education regulations, and Department of**

**Health – Abu Dhabi** recommendations, our **Healthy Eating and Food Safety Policy** integrates meaningful engagement with all stakeholders—students, parents, staff, vendors, and authorities—to create a shared culture of health and safety.

## 1. Parent Engagement

Parents play a critical role in reinforcing healthy eating habits. The school will:

- Provide **clear nutrition guidelines** outlining foods that are encouraged and discouraged.
- Share important updates from **ADEK, ADPHC, QCC, ADAFSA**, and **DoH** concerning children's nutrition, allergies, and food safety.
- Require all parents to send **nutritious, balanced snacks and lunches**, in line with our color-coded food guidelines (below).
- Reference these guidelines in the **School-Parent Agreement** as per the **ADEK School Parent Engagement Policy**.
- Notify parents **on the same day** of any food-related concerns such as allergic reactions, food-based bullying, or eating disorders.

## 2. Staff Awareness and Participation

All relevant staff—including teachers and canteen workers—will:

- Undergo training from **ADPHC or other approved bodies** on safe food handling, allergy awareness, and promoting healthy eating.
- Supervise students during snack and meal breaks to ensure:
  - Food brought from home complies with school guidelines.
  - Students are not engaging in food sharing or unsafe behaviours.
  - Students with food allergies are protected.
- Collaborate with parents when concerns arise.

## 3. Student Involvement

Students will be empowered to take responsibility for their health by:

- Providing feedback on school food services through **surveys and student councils**.
- Participating in **nutrition awareness programs, sustainability initiatives**, and **menu planning**.
- Learning to identify healthy food choices and the impact of nutrition on academic performance and wellbeing.

---

## IV. Nutritional Standards and Food Provision

### i. Healthy Meal and Snack Guidelines

At The Philippine Global School we recognize the critical connection between **nutrition and student wellbeing**. A balanced and nutritious diet supports **physical health, mental focus**, and **academic success**. These guidelines aim to help parents and students make informed choices, ensuring that school-provided or home-packed meals are safe, healthy, and appropriate.

#### **Water Policy**

- All students must bring a **refillable water bottle** with their **name clearly labelled**.

- Only **plain water** is allowed. Sugary flavoured, or carbonated beverages are not permitted.
- Students are encouraged to **stay hydrated** throughout the day.

### **Lunches and Snacks from Home**

- Students should bring **nutrient-rich lunches and snacks** that align with our healthy eating standards.
- **Microwaves and food heating** are not available in classrooms.
- Meals must be **pre-prepared and safe to eat at room temperature**.

### **Color-Coded Food Classification System**

Our food guidelines are based on a **three-tier color-coded system** developed in line with the **ADEK policy** and **Department of Health recommendations**.

#### **● Green Foods – Highly Encouraged (Make up $\frac{2}{3}$ of the meal/snack)**

These are whole, nutrient-dense foods that promote energy, concentration, and development.

##### **Examples:**

- Fresh fruits and vegetables
- Wholegrain bread, brown rice, and whole-wheat pasta
- Low-fat dairy (milk, yogurt, cheese)
- Lean meats, fish, boiled eggs
- Legumes (chickpeas, lentils)

**Guideline:** These foods should form **at least two-thirds** of the student's lunch and snacks.

#### **● Amber Foods – Allowed in Moderation (Make up $\leq \frac{1}{3}$ of the meal/snack)**

These are more processed foods that can be part of a balanced diet but should be limited.

##### **Examples:**

- Plain biscuits
- Cheese
- Butter
- White rice, white bread, or pasta
- Processed meats (e.g., turkey slices)

**Guideline:** These foods should form **no more than one-third** of the meal.

#### **● Red Foods – Not Allowed**

These foods are high in **sugar, salt, and unhealthy fats**, and provide minimal nutritional value.

##### **Examples:**

- Soft drinks, flavoured milk, sugary juices
- Fried foods, chips, crisps
- Sweets, chocolate, pastries, and cakes
- Chocolate-covered snacks or sugary cereals
- Highly processed or packaged junk food

**Guideline: Not permitted** at school. Students bringing red-category foods will be **reminded by teachers** and parents will be informed if necessary.

### **Special Dietary Considerations**

## ii. Prohibited Food Items (e.g., allergens, carbonated drinks, etc.)

### Nut-Free Policy

- We enforce a **strict no-nut policy** to protect students with **life-threatening allergies**.

- No nut-based snacks, spreads, or ingredients are allowed.

### Food Allergies

- The **school nurse maintains a Food Allergy Register**, regularly updated and shared with all relevant staff.
- Teachers must be **especially vigilant** during events involving food (e.g., National Day, International Day).
- Parents are responsible for **informing the school** of any new allergies or dietary needs.

### Parental Support and Responsibility

- Parents are encouraged to prepare meals with their children to promote awareness of healthy choices.
- All food brought from home must **comply with these guidelines**.
- Food containers should be clearly labelled and easy for children to open independently.

### In Summary: What to Pack

#### ✔ DO pack:

- Fruits and vegetables
- Wholegrain sandwiches with lean protein
- Boiled eggs, yogurt, unsweetened cereals
- Water

#### ✘ DO NOT pack:

- Chips, chocolates, sugary drinks
- Pastries, cakes, candies
- Nut-based foods
- Any item requiring heating

These guidelines are part of our broader **Healthy Eating and Food Safety Policy**, developed in line with the **ADEK policy for Educational Institutions in Abu Dhabi**.

Together, we can foster a school culture that supports health, safety, and academic excellence

## iii. Food Service Licensing and Inspection Requirements

In alignment with the **Abu Dhabi Department of Education and Knowledge (ADEK)** policy and the **Abu Dhabi Guideline for Food in Educational Institutions**, The Philippine Global School ensures that all food services provided on campus comply with strict health, safety, and legal standards. These measures are essential for protecting student wellbeing and maintaining a safe food environment.

### 1. Licensing Requirements

- The school shall only partner with **licensed food vendors and caterers** who are approved by the relevant regulatory authorities in Abu Dhabi.

- All food service providers must:
  - Hold a **valid trade license** issued by the **Department of Economic Development**.
  - Be registered and approved by the **Abu Dhabi Agriculture and Food Safety Authority (ADAFSA)**.
  - Have a **valid food safety permit** for operating in educational settings.

## 2. Inspection and Compliance Monitoring

- The school, in collaboration with the **Manager of Services** and the **Occupational Health and Safety (OHS) Office**, will conduct **regular inspections** of:
  - Food storage and preparation areas
  - Food transportation and packaging processes
  - Vendor hygiene and employee health certification
- All food service areas and vendors must comply with:
  - **Federal Law No. (10) of 2015 on Food Safety**
  - The **ADEK Healthy Eating and Food Safety Policy**
  - Specific food safety codes and regulations issued by **ADAFSA** and the **Department of Health – Abu Dhabi**

## 3. Record Keeping and Documentation

- The school shall maintain a **comprehensive record of licenses**, inspection results, and vendor evaluations.
- These records must be available for review by ADEK or other regulatory authorities during audits or compliance visits.

## 4. Response to Non-Compliance

- In cases where a food service provider fails to meet licensing or inspection standards, the school will:
  - Immediately report the issue to ADEK and ADAFSA.
  - Suspend or terminate the vendor contract until full compliance is restored.
  - Inform the school community if food safety risks arise.

This system of licensing, inspection, and continuous monitoring ensures that all food served at The Philippine Global is **safe, nutritious, and compliant** with local health regulations. It reflects our commitment to student health, legal compliance, and operational excellence.

### iv. External Food Delivery Restrictions

In accordance with the **Abu Dhabi Department of Education and Knowledge (ADEK) Healthy Eating and Food Safety Policy**, The Philippine Global School strictly prohibits the use of **external food delivery services** (such as Talabat, Deliveroo, or other third-party providers) during school hours.

#### Purpose of the Restriction

This policy is enforced to:

- Maintain **food safety and hygiene standards** within the school environment.
- Ensure all food consumed by students complies with the **Abu Dhabi Guideline for Food in Educational Institutions**, including nutritional and allergen regulations.

- Prevent the introduction of **unverified, unhealthy, or allergen-containing foods** into the school.
- Promote the habit of consuming **balanced, nutritious, and pre-approved meals** either prepared at home or provided by licensed school food vendors.

### **Key Guidelines**

- **Students are not allowed** to place or receive food orders from any external restaurant or delivery platform during school hours.
- **Parents/guardians are discouraged** from sending food deliveries to school unless previously approved by school administration under special circumstances (e.g., medical dietary needs).
- All meals consumed on school premises must either:
  - Be prepared at home following the school's **Healthy Meal and Snack Guidelines**, or
  - Be purchased through the school's **licensed food service provider**, who complies with ADEK and ADAFSA regulations.

### **Compliance and Enforcement**

- If a student receives an unauthorized food delivery, the food will be **withheld and returned**, and parents will be notified.
- Repeated violations may lead to further disciplinary measures as per the school's **student behaviour and safety protocols**.
- Exceptions may only be granted for medically necessary dietary accommodations, supported by **medical documentation** and approved by the **school nurse and administration**.

By enforcing this restriction, The Philippine Global School supports a **safe, healthy, and regulated food environment** that prioritizes student wellbeing and complies fully with ADEK's health and nutrition policies.

## **V. Food Safety and Hygiene Practices**

### **i. Food Preparation, Packaging, Storage, and Handling**

At The Philippine Global School, all food services—including preparation, packaging, storage, and handling—must comply with the **ADEK Healthy Eating and Food Safety Policy**, the **Abu Dhabi Guideline for Food in Educational Institutions**, and **Federal Law No. (10) of 2015 on Food Safety**. These measures are in place to protect student health, prevent foodborne illnesses, and ensure the highest standards of hygiene and quality.

#### **1. Food Preparation**

- All food prepared and served on campus must be done so by **licensed food service providers** who are trained in **safe food handling procedures**.
- Food must be prepared in **certified kitchens** that meet hygiene and safety standards approved by the **Abu Dhabi Agriculture and Food Safety Authority (ADAFSA)**.

- Preparation must avoid cross-contamination, especially with allergens such as **nuts, shellfish, and gluten-containing ingredients**.

## 2. Food Packaging

- All food must be packaged in **safe, hygienic, and environmentally responsible containers**.
- Packaging must be:
  - **Food-grade and non-toxic**
  - Clearly labelled with the **name of the item, allergen information, and expiry date**
  - Designed to maintain the **appropriate temperature and freshness** of food

## 3. Food Storage

- Foods must be stored in **temperature-controlled environments**:
  - Perishable items at or below **5°C (41°F)**
  - Hot foods at or above **60°C (140°F)**
- Dry and packaged items must be stored in **clean, pest-free, and well-ventilated** areas.
- Storage areas must be **regularly monitored** for cleanliness, expiration dates, and potential contamination.

## 4. Food Handling

- All individuals involved in food handling (canteen staff, caterers, etc.) must:
  - Hold valid **food handler certifications** recognized by **ADAFSA**
  - Wear **protective clothing** (e.g., gloves, hairnets, masks)
  - Follow strict **hand hygiene** and sanitation protocols
- Utensils, serving equipment, and surfaces must be **cleaned and sanitized regularly**, as per ADAFSA regulations.
- Raw and cooked foods must be handled **separately** to avoid cross-contamination.

## 5. Monitoring and Inspections

- The school's **Manager of Services and Occupational Health and Safety (OHS) Office** will:
  - Conduct **regular inspections** of food service areas and practices
  - Ensure that food handling complies with the **Abu Dhabi Food Code**
  - Document and report any incidents of non-compliance to ADEK or ADAFSA as required

By strictly adhering to these procedures, The Philippine Global School ensures that all food consumed on campus is **safe, hygienic, and nutritious**, creating a food-safe learning environment for all students and staff.

### ii. Compliance with Hygiene Standards

At The Philippine Global School, we are fully committed to upholding the highest standards of hygiene in accordance with the **Abu Dhabi Department of Education and Knowledge (ADEK)** and the **Abu Dhabi Agriculture and Food Safety Authority (ADAFSA)**. Compliance with hygiene regulations is essential to protecting student health, ensuring food safety, and preventing the spread of foodborne illnesses within the school environment.

## 1. Hygiene Compliance Requirements

- All food preparation, storage, and service areas must strictly follow the hygiene protocols set forth in the **Abu Dhabi Food Code** and **Federal Law No. (10) of 2015 on Food Safety**.
- The school must ensure:
  - **Clean and sanitized environments** for food preparation and consumption.
  - Proper **waste disposal procedures** to prevent pest infestation and cross-contamination.
  - Regular **deep cleaning schedules** for canteens, pantries, and food storage areas.

## 2. Food Handler Hygiene Standards

- All staff involved in food handling—including school canteen employees and caterers—must:
  - Be trained and certified by ADAFSA in **food safety and hygiene practices**.
  - Follow strict **personal hygiene protocols**, including wearing clean uniforms, gloves, and hair coverings.
  - Wash hands thoroughly and frequently, particularly before and after handling food, after using the restroom, or after touching waste.

## 3. Sanitation and Equipment Maintenance

- Utensils, trays, containers, and kitchen equipment must be:
  - **Cleaned and disinfected** after each use.
  - Made from materials that are **non-toxic, easy to clean**, and compliant with food safety standards.
- Food contact surfaces must be **smooth, sealed, and regularly sanitized** to avoid microbial growth.

## 4. Monitoring and Inspection

- The school's **Occupational Health and Safety (OHS) team**, along with the **Manager of Services**, is responsible for:
  - Conducting **routine hygiene inspections** of the canteen and food storage areas.
  - Maintaining **documentation of hygiene checks**, cleaning logs, and staff hygiene training.
- Regular audits may be conducted by ADEK, ADAFSA, or the Department of Health to verify compliance.

## 5. Response to Violations

- Any breach of hygiene standards will result in:
  - Immediate **rectification of the issue**.
  - **Reporting to ADEK and ADAFSA**, if required.
  - Review of vendor compliance and, if necessary, **suspension or termination** of services.

Through rigorous adherence to hygiene standards, The Philippine Global School ensures a **safe, clean, and healthy environment** for all students, staff, and food service personnel, in full compliance with ADEK policies and UAE food safety laws.

### iii. **Risk Management and Emergency Procedures (e.g., allergic reactions)**

At The Philippine Global School, the safety and wellbeing of students is a top priority. In alignment with the **Abu Dhabi Department of Education and Knowledge (ADEK)** and the **Abu Dhabi Guideline for Food in Educational Institutions**, the school has implemented clear procedures to manage food-related risks, including **food allergies, intolerances, and emergency responses**.

#### **1. Identification and Record-Keeping**

- The school nurse maintains an up-to-date **Food Allergy and Intolerance Register** for all students.
- Records are shared with:
  - Relevant teaching and supervisory staff
  - Canteen staff and food service providers
- Parents are required to **immediately notify the school** of any changes to their child's dietary or medical condition and provide updated medical documentation and prescribed medication (e.g., EpiPen).

#### **2. Preventative Measures**

- All food vendors are informed of student allergies and must:
  - **Label all food clearly** with allergen information
  - Avoid the use of restricted ingredients (e.g., nuts) in school meals
- The school enforces a **strict "No Nuts" policy** across all school activities and food services.
- Teachers must **monitor students during snack and meal times** and be vigilant for signs of food-related issues.
- Special care is taken during **shared events** (e.g., National Day, International Day) to:
  - Review food brought in
  - Ensure students with allergies are not exposed to harmful items

#### **3. Emergency Response Procedures**

In the event of an allergic reaction or food-related medical emergency:

- **Immediate first aid is administered** by the school nurse or trained staff.
- Emergency medications (e.g., antihistamines, EpiPens) are:
  - **Clearly labelled**
  - Stored in an accessible location
  - Administered according to the student's individual care plan
- **Parents are notified immediately**, and emergency services are contacted if necessary (e.g., severe anaphylaxis).
- A written **incident report is completed and submitted** to school leadership and relevant authorities, if required.

#### **4. Staff Training and Awareness**

- All relevant staff, including teachers, administrative staff, and canteen workers, receive **regular training** on:
  - Recognizing signs of allergic reactions and food-related health risks

- Proper response protocols, including use of EpiPens and contacting emergency services
- Staff are also trained to address **eating disorders, food-based bullying, and sensitive dietary needs.**

## 5. Risk Assessments and Continuous Review

- The school conducts **risk assessments** related to food consumption and allergies at the start of each academic year and prior to special events.
- Policies and procedures are **reviewed regularly** to ensure alignment with ADEK guidelines and to incorporate any regulatory updates.

By implementing thorough risk management and emergency protocols, The Philippine Global School ensures a **safe, responsive, and inclusive food environment** that protects all students and upholds the highest standards of health and safety.

---

## VI. Supervision and Monitoring

The Philippine Global School is dedicated to ensuring a safe, healthy, and inclusive food environment for all students. In alignment with the **Abu Dhabi Department of Education and Knowledge (ADEK)** policy requirements and the **Abu Dhabi Guideline for Food in Educational Institutions**, the school implements strict supervision and monitoring procedures during mealtimes to uphold student wellbeing and food safety standards.

### i. Mealtime Supervision Protocols

Effective adult supervision is essential to ensure students follow healthy eating practices, avoid prohibited items, and maintain hygienic behaviour during meals.

#### Key Practices Include:

- **Designated staff members** (teachers and support staff) are assigned to supervise students during all meal and snack times in classrooms or designated eating areas.
- Supervisors are trained to:
  - Monitor for **compliance with the school's healthy eating guidelines**
  - Encourage positive eating behaviours
  - Prevent **food sharing**, which may pose risks to students with allergies or specific dietary restrictions
- Supervisors ensure students eat in a **clean and calm environment**, fostering respect for mealtime and nutrition.

### ii. Monitoring for Allergens, Eating Disorders, and Bullying

The school is committed to proactive monitoring and early intervention in identifying and addressing food-related health and social concerns, including:

#### 1. Allergen Monitoring:

- Supervisors are briefed on the **food allergies of students** under their care.

- Students are reminded not to bring or share **foods containing common allergens** such as nuts, shellfish, or dairy, in accordance with the school's "no-nut" and allergen awareness policies.
- Supervisors report any concerns related to **accidental exposure or allergic reactions** immediately to the school nurse.

## 2. Eating Disorders:

- Supervisors are trained to recognize early signs of disordered eating patterns, such as:
  - Persistent refusal to eat
  - Obsessive food rituals
  - Drastic changes in appetite or weight
- Observations are confidentially shared with the **school counsellor and nurse**, and appropriate follow-up with parents is initiated.

## 3. Food-Related Bullying:

- The school maintains a **zero-tolerance policy for food-based bullying**.
- Staff monitor interactions during meals to identify and address incidents such as:
  - Teasing based on food choices or dietary restrictions
  - Social exclusion during meals
- Any bullying behaviour is documented and escalated according to the school's **student behaviour and safeguarding policies**.

### iii. Ensuring Meal Access for All Students

In accordance with ADEK's directive to support student welfare and equal access, the school ensures that:

- **No student is left without a meal** during the school day (unless fasting for religious reasons).
- Supervisors check that each student has:
  - A **sufficient and appropriate meal**
  - Access to **drinking water** (students must carry refillable, labelled water bottles)
- In cases where students forget or do not bring a meal, staff:
  - Notify the relevant administrator or parent
  - Provide a **nutritious emergency meal or snack** through the canteen or designated school resources
- Meal access is monitored especially closely for **younger students, students with special needs**, and **those with known financial or emotional challenges**.

By upholding these supervision and monitoring practices, The Philippine Global School ensures mealtimes are **safe, respectful, and supportive** of students' health and emotional well-being—fully in line with the principles of the ADEK Healthy Eating and Food Safety Policy

---

## VII. Nutrition Education

The Philippine Global School is committed to equipping students with the knowledge and skills they need to make informed, lifelong healthy eating choices. In alignment with the **ADEK Healthy Eating and Food Safety Policy**, nutrition education is implemented both

through the formal curriculum and a range of co-curricular activities that foster student engagement, awareness, and action.

### i. Curriculum Integration

Nutrition education is a **core component of the school's formal curriculum**, integrated across various subjects to promote holistic understanding and behavioural change.

#### Key Integration Points:

- **Science & Biology:** Lessons on the human body, digestion, nutritional needs, and the impact of different food groups on physical and mental health.
- **Physical Education:** Emphasizing the relationship between diet, fitness, energy levels, and performance.
- **Health Education:** Focused modules on healthy food choices, balanced diets, food safety, and disease prevention (e.g., obesity, diabetes).
- **Mathematics:** Teaching food label reading through the analysis of calories, percentages, and nutritional content.
- **Environmental Studies:** Exploring the environmental impact of food choices, including sustainability, waste, and the carbon footprint of food production.

#### Learning Objectives Include:

- Understanding the principles of a **balanced diet**.
- Recognizing the health benefits of **nutrient-rich, whole foods**.
- Developing lifelong skills for **meal planning and informed food selection**.

### ii. Co-Curricular Activities

To extend nutrition education beyond the classroom, the school organizes a range of **co-curricular programs** designed to actively involve students in health-related learning.

#### Examples Include:

- Workshops
  - The Nutritional Significance of Vitamins and Minerals in Food
  - Water and Wellness: A Presentation on Its Importance and Benefits
  - Promoting Healthy Eating: Fruit and Vegetable of the Day
  - Displaying Healthy Food Posters in Every Classroom
- Health Campaigns
  - Green Apple Day
  - Water and Wellness
  - Healthy Eating Week
  - Sugar-Free Month
- Student-Led Projects:
  - Opportunities for students to create food diaries, conduct peer awareness surveys, or lead sustainability campaigns linked to healthy eating.

These activities foster enthusiasm, peer collaboration, and real-world understanding of nutrition topics.

### iii. Food Label Reading and Healthy Choices

A critical component of nutrition education is teaching students to **understand food packaging and labelling**, empowering them to make **informed, independent choices**.

**Instruction Includes:**

- Identifying and interpreting:
  - Ingredients lists
  - Nutritional information tables
  - Serving sizes
  - Daily value percentages
- Recognizing red flags such as:
  - High sugar, sodium, and saturated fat content
  - Artificial additives and preservatives
- Comparing similar products to choose the **healthier alternative**.
- Making connections between food labels and **real-life health consequences**, including the development of chronic conditions.

Students are also taught to evaluate the **sustainability** and **environmental impact** of packaged food (e.g., excess plastic, non-local ingredients).

By integrating nutrition education throughout the curriculum and reinforcing it through engaging co-curricular initiatives, The Philippine Global School helps students become **health-conscious, informed, and responsible individuals**, fully aligned with the goals of the **ADEK Healthy Eating and Food Safety Policy**.

---

## VIII. Staff Training and Awareness

The Philippine Global School recognizes that effective implementation of the **Healthy Eating and Food Safety Policy** depends on the knowledge, skills, and commitment of all staff members. In alignment with the **Abu Dhabi Department of Education and Knowledge (ADEK)** guidelines, the school ensures that all personnel involved in food supervision and delivery are trained and empowered to promote a healthy, safe, and supportive food environment.

### i. Mandatory Training for Teachers and Canteen Staff

All staff who interact with students during meals or are involved in food service must undergo **mandatory training** to ensure a shared understanding of food safety protocols and healthy eating standards.

**Key Requirements:**

- **Training Providers:** Conducted by the **Abu Dhabi Public Health Centre (ADPHC)** or other approved health and education authorities.
- **Target Participants:**
  - Classroom teachers and teaching assistants
  - Supervisors responsible for snack and mealtime monitoring
  - Canteen staff
  - School nurse and health coordinators
- **Training Content Includes:**
  - Principles of **balanced and healthy eating**

- Identification and management of **food allergies and intolerances**
- **Hygiene and food safety** in food preparation, packaging, and handling
- Monitoring for signs of **eating disorders, food-related bullying, and unsafe eating behaviours**
- Emergency procedures, including the use of **EpiPens** and responding to allergic reactions
- Proper food storage and safe serving practices

Completion of this training is **mandatory before the start of each academic year** and for all newly hired staff within their first month of employment.

## ii. Ongoing Professional Development

To keep staff informed about evolving best practices and regulations, The Philippine Global School provides ongoing opportunities for professional growth in the area of student nutrition and food safety.

### Ongoing Development Measures:

- **Annual refresher workshops** on healthy eating, food safety, and ADEK policy updates.
- Participation in **ADEK-led or externally certified health and safety seminars**.
- Internal **case study reviews and scenario-based training**, especially after any food-related incidents.
- Access to ADEK and ADPHC educational materials, guidelines, and e-learning modules.
- Encouragement of **interdepartmental collaboration** (teachers, health staff, canteen operators) to maintain consistency across food service and supervision.

## iii. Roles and Responsibilities

Each member of the school staff has clearly defined responsibilities to support the school's food safety and health initiatives:

Role	Key Responsibilities
<b>Teachers and Classroom Supervisors</b>	<ul style="list-style-type: none"> <li>- Monitor students during meals and snacks.</li> <li>- Encourage healthy food choices.</li> <li>- Report any food-related concerns (e.g., allergies, disordered eating).</li> <li>- Communicate regularly with the school nurse and parents.</li> <li>- Comply with <b>ADEK nutritional standards</b>.</li> <li>- Prepare, store, and serve food following strict hygiene guidelines.</li> </ul>
<b>Canteen Staff and Food Vendors</b>	<ul style="list-style-type: none"> <li>- Ensure <b>accurate food labelling</b> (including allergens).</li> <li>- Maintain valid food safety licenses and pass required inspections.</li> </ul>
<b>School Nurse</b>	<ul style="list-style-type: none"> <li>- Maintain the <b>food allergy and medical needs register</b>.</li> <li>- Train staff on emergency protocols and allergy response.</li> </ul>

Role	Key Responsibilities
<b>Managers of Services / OHS Officer</b>	<ul style="list-style-type: none"> <li>- Monitor student health and advise on individual nutrition-related concerns.</li> <li>- Oversee canteen operations and vendor compliance.</li> <li>- Conduct internal audits and food quality checks.</li> </ul>
<b>School Leaders (Principal, Coordinators)</b>	<ul style="list-style-type: none"> <li>- Coordinate health and safety procedures related to food handling.</li> <li>- Ensure all staff complete training.</li> <li>- Lead policy implementation and compliance monitoring.</li> <li>- Facilitate communication with ADEK and other regulatory bodies.</li> </ul>

By maintaining rigorous training standards and a culture of shared responsibility, The Philippine Global School ensures all staff are confident, capable, and committed to delivering a food environment that supports student **health, safety, and success**, in full compliance with ADEK's Healthy Eating and Food Safety Policy

---

## IX. Parent and Community Engagement

The Philippine global School strongly believes that effective implementation of a Healthy Eating and Food Safety Policy requires close collaboration with parents and the broader school community. In accordance with the **ADEK guidelines**, the school actively engages families and community partners to promote a consistent, well-informed, and supportive approach to student health, nutrition, and safety.

### i. Sharing of Guidelines with Parents

To ensure that families understand and support the school's healthy food practices, the school provides clear, accessible guidelines to all parents at the start of each academic year.

#### Key Actions Include:

- Distribution of the **Healthy Eating and Food Safety Policy** to parents via:
  - School handbooks
  - Parent orientation sessions
  - Official school website
  - Digital platforms (email, school app)
- Inclusion of healthy eating expectations in the **School-Parent Agreement**, as mandated by ADEK's School Parent Engagement Policy.
- Regular updates or reminders about nutrition practices and changes to health standards, including seasonal guidelines or awareness campaigns.

These guidelines help parents align the food they provide at home and in lunchboxes with school policies and Abu Dhabi's official health standards.

## ii. Communication of Food Restrictions and Health Risks

Transparent, timely communication with parents is vital to ensure student safety, particularly when it comes to allergies, intolerances, and food-related health concerns.

### School Responsibilities:

- Provide detailed **lists of restricted items** based on religious, health, and safety considerations (e.g., nuts, pork, caffeine, carbonated drinks, and high-sugar foods).
- Issue **reminders on food classification** (Green, Amber, Red system) to help parents pack nutritious lunches and snacks in accordance with the Ministry of Education and the Department of Health recommendations.
- Notify parents **on the same day** if any food-related concern arises, such as:
  - Observed allergic reactions
  - Incidents of food sharing that violate allergy protocols
  - Food-based bullying or signs of disordered eating
- Share relevant guidance from **ADEK, ADPHC, QCC, ADAFSA, or DoH** regarding nutrition, health risks, and safe food practices.

## iii. Involvement in Policy Implementation and Events

The Philippine Global School fosters a culture of shared responsibility by involving parents and community stakeholders in health-related programs, decision-making, and school events.

### Engagement Opportunities Include:

- **Parent feedback sessions** on food services and nutrition initiatives.
- Participation in **school health campaigns**, such as Healthy Eating Week, Sustainability Month, or Awareness Days (e.g., World Food Day).
- **Volunteering** for co-curricular activities like workshops, cooking demos, or international food fairs—ensuring all shared food adheres to the Abu Dhabi Food Guidelines.
- Encouraging families to implement **healthy eating practices at home**, in coordination with school efforts, to reinforce messages learned at school.
- Collaboration with **community partners and food vendors** to uphold policy standards and promote safe and healthy food sourcing.

The school also ensures parents are involved in conversations regarding:

- Accommodations for students with **special dietary needs**
- Input into the **menu selection process** (where school meals are offered)
- Contributions to developing a **safe and inclusive food environment** for all children, especially those with religious or cultural dietary requirements

## Summary

Through structured communication, education, and meaningful collaboration, The Philippine Global School engages parents and the wider community in sustaining a health-conscious school culture. This partnership is essential for reinforcing the ADEK Healthy Eating and Food Safety Policy and for supporting each child's physical, emotional, and academic wellbeing.

---

## X. Student Involvement and Feedback

The Philippine Global School is committed to empowering students to take an active role in shaping their food environment. In accordance with the **ADEK Healthy Eating and Food Safety Policy**, the school values student voice as an essential element in the continuous improvement of nutrition programs, food services, and health campaigns.

### **i. Mechanisms for Student Feedback on Food Services**

To ensure that the food provided at school meets students' preferences, nutritional needs, and cultural expectations, **student feedback is actively solicited and reviewed** by school leadership and food service providers.

#### **Key Feedback Channels Include:**

- **Surveys and Polls:** Conducted periodically to gather student opinions on school meals, snacks, canteen quality, and suggested improvements.
- **Suggestion Boxes:** Placed in accessible locations to allow students to share anonymous feedback at any time.
- **Student Council Representation:** Student leaders meet with school administrators and canteen managers to raise concerns or provide input on food-related matters.
- **Focus Groups or Class Dialogues:** Facilitated discussions with student groups to explore food preferences, dietary challenges, and new ideas for improvement.
- **Feedback Forms:** Issued after major events or changes in meal service to measure satisfaction and gather actionable insights.

Feedback is reviewed regularly and used to guide menu adjustments, improve service delivery, and inform health education programming.

### **ii. Student Participation in Menu Planning and Food Campaigns**

In alignment with ADEK's policy focus on student engagement, The Philippine global School encourages learners to take leadership roles in promoting healthy eating, sustainability, and food safety.

#### **Student Involvement Opportunities Include:**

- **Menu Planning Committees:** Selected students collaborate with canteen providers and health coordinators to suggest balanced, culturally appropriate, and appealing food options.
- **Health and Wellness Ambassadors:** Student volunteers promote school nutrition campaigns, model healthy eating behaviours, and assist in organizing awareness events.
- **Campaign Participation:**
  - Active roles in initiatives such as **Healthy Eating Week, Sustainability Month, or Green Apple Day.**
  - Designing posters, creating presentations, or leading peer education sessions on the benefits of balanced diets.
- **Student-Run Projects:** Activities like food journaling, meal planning challenges, or classroom nutrition goals help students internalize and apply healthy eating concepts.

- **Eco-Friendly Food Practices:** Students are encouraged to champion waste reduction, recycling, and sustainable packaging initiatives aligned with the ADEK Sustainability Policy.

## Summary

By integrating student voice and leadership into food service evaluation and health promotion, The Philippine Global School ensures its approach to healthy eating is not only top-down but also inclusive and student-centered. These practices align with **ADEK's vision for empowering students** as active participants in creating a safer, healthier, and more sustainable school environment.

---

## XI. Special Dietary Considerations

The Philippine Global School is dedicated to creating an inclusive and safe food environment that respects the **cultural, religious, ethical, and health-related dietary needs** of its students. In accordance with the **ADEK Healthy Eating and Food Safety Policy**, the school ensures all food services are aligned with individual requirements and that effective systems are in place to **prevent and respond to dietary-related risks**, particularly allergies and intolerances.

### i. Cultural, Religious, and Ethical Food Needs

Respecting and accommodating dietary diversity is a critical part of fostering an inclusive school environment.

#### Key Practices:

- The school actively considers the **religious, cultural, and ethical dietary practices** of students and staff when planning meals, classroom activities, or school-wide food events.
- Food served through the school canteen or during celebrations avoids items prohibited by **religious or cultural dietary laws**, including:
  - **Pork and pork-based products**
  - **Alcohol or foods prepared with alcohol**
  - **Carbonated and caffeinated drinks**
- Menus offer **vegetarian or plant-based alternatives**, and options suitable for specific groups are clearly labelled.
- Representatives from minority groups are consulted to ensure sensitivity in food provision, especially during multicultural events such as **International Day**.
- Food brought from home or shared during approved events must comply with the school's published **Food Safety and Dietary Policy**.

### ii. Allergy and Intolerance Management

To safeguard students with food allergies or intolerances, The Philippine Global School follows strict protocols in recordkeeping, labelling, and emergency preparedness, in full alignment with ADEK standards.

#### 1. Recordkeeping

- The school nurse maintains an up-to-date **Food Allergy Register** that includes all diagnosed allergies, intolerances, and specific dietary restrictions.
- Records are shared confidentially with:
  - Classroom teachers
  - Supervising staff
  - Canteen personnel
  - Relevant administrators
- Parents are required to **immediately notify the school** of any new or changed allergies or medical conditions and provide supporting medical documentation.
- Allergy and intolerance information is reviewed regularly and updated at least once per term or as needed.

## 2. Labelling and Risk Mitigation

- All food items served by the canteen or external vendors must include **clear and accurate labelling** that indicates the presence of **major allergens** (e.g., nuts, dairy, gluten, eggs).
- A **strict “No Nuts” policy** is enforced across all school premises for both students and staff.
- Meals and snacks are prepared using **separate equipment and storage areas** when required to avoid cross-contamination.
- Classroom and event organizers are required to **screen all food** for allergenic ingredients before serving or distributing.
- Food restrictions and safety guidelines are communicated to parents and staff through written policies, newsletters, and school meetings.

## 3. Emergency Response Plans

- The school maintains **clearly defined procedures** to manage allergic reactions, including:
  - Immediate identification and response to symptoms
  - Use of **prescribed emergency medications** (e.g., EpiPens), which are safely stored and accessible at all times
  - Emergency contact information readily available to staff
- Teachers, canteen staff, and supervisors receive training from health authorities on:
  - **Recognizing early signs** of allergic reactions
  - **Administering medication** appropriately
  - **Activating the emergency response protocol**, including alerting the school nurse and contacting emergency medical services if needed
- Emergency procedures are practiced during health and safety drills and documented in each student's individual care plan.

## Summary

Through proactive accommodation, transparent communication, and thorough planning, The Philippine Global School ensures that all students—regardless of dietary requirements—are supported in a **safe, respectful, and inclusive food environment**. These measures align closely with **ADEK's vision for health, safety, and equity** in educational institutions.

---

## XII. Sustainability Practices

The Philippine Global School is committed to fostering a school culture that promotes sustainable living through its food service operations and daily practices. In line with the **ADEK School Sustainability Policy** and **Healthy Eating and Food Safety Policy**, the school has implemented comprehensive strategies to minimize environmental impact, raise awareness, and instil lifelong values of environmental stewardship in students and staff.

### i. Sustainable Food Sourcing and Menu Options

To reduce environmental harm and support local economies, the school ensures that food services prioritize **sustainably sourced, healthy, and low-impact ingredients**.

#### Key Strategies:

- **Preference for Local and Seasonal Produce:** School food vendors are encouraged to source fruits, vegetables, and other items from local producers to reduce the carbon footprint of transportation and support local agriculture.
- **Promotion of Plant-Based Meals:** Menus include **plant-forward options** (e.g., legumes, vegetables, grains) which are less resource-intensive and contribute to improved health and sustainability.
- **Environmentally Responsible Procurement:** Where possible, the school avoids ingredients from unsustainable sources, such as overfished seafood or heavily processed foods with high carbon emissions.
- **Limited Use of Single-Use Packaging:** Food packaging is reviewed to ensure minimal use of plastic and preference for **biodegradable or reusable materials**.

### ii. Waste Reduction and Recycling Measures

Effective food waste management is critical for both environmental protection and operational efficiency.

#### Waste Reduction Initiatives Include:

- **Portion Control Practices:** Meal services are portioned responsibly to reduce uneaten food, especially in younger grade levels.
- **Avoidance of Overstocking:** Canteens use accurate forecasting and inventory systems to limit surplus food and spoilage.
- **Food Waste Monitoring:** Canteen staff monitor daily waste levels and report to administration for ongoing improvement.
- **Waste Segregation and Recycling Stations:** Clear separation of **organic, recyclable, and general waste** is implemented in dining areas, classrooms, and kitchen facilities.
- **Composting Programs** (if available): Organic waste from fruit peels or vegetable scraps is collected for composting and can be used in the school garden or community projects.

### iii. Promotion of Environmentally Friendly Behaviours

Instilling sustainable habits in students and the school community is key to achieving long-term impact.

#### Educational and Engagement Activities Include:

- **Student-Led Sustainability Clubs:** These groups spearhead eco-campaigns and food-related sustainability projects.
- **Awareness Campaigns and Events:**
  - “Waste-Free Lunch Days”
  - “Plastic-Free Weeks”
  - “Sustainable Eating Awareness Month”
- **Curriculum Integration:** Environmental sustainability concepts are woven into science, social studies, and life skills lessons, including the impact of food systems on climate change.
- **Reusable Supplies:** Students and staff are encouraged to bring **reusable water bottles, lunch containers, and utensils.**
- **Recognition Programs:** The school recognizes and rewards eco-friendly behaviours through green certificates, classroom awards, or house points.

## Summary

By embedding sustainability into its food services and educational activities, The Philippine Global School aligns with ADEK’s policy vision of building responsible, eco-conscious citizens. These practices not only reduce the school’s environmental footprint but also **empower students to take meaningful action** toward global sustainability goals.

---

## XIII. Events and Celebrations

The Philippine Global School recognizes the importance of school events and celebrations in building a vibrant, inclusive, and engaging learning environment. In accordance with the **Abu Dhabi Department of Education and Knowledge (ADEK) Healthy Eating and Food Safety Policy**, the school ensures that all food-related activities during events are conducted in a manner that supports student health, respects cultural sensitivities, and complies with food safety regulations.

### i. Food Safety and Health Compliance at Events

All food served or shared during school-organized events must adhere strictly to the **Abu Dhabi Guideline for Food in Educational Institutions.**

#### Key Requirements:

- **Pre-approval from ADEK:** Events involving food sharing must be authorized by ADEK and follow any stipulated requirements.
- **Food Safety Standards:** Any food served must be prepared, stored, transported, and handled according to hygiene and safety protocols aligned with **Federal Law No. (10) of 2015 on Food Safety.**
- **Canteen Oversight:** For events that involve catering, food must be provided by licensed vendors (e.g., the school’s contracted provider), which are regularly inspected and compliant with **ADPHC and ADAFSA regulations.**
- **No High-Risk Items:** Prohibited items include:
  - Alcohol
  - Carbonated and caffeinated beverages

- Pork and pork-based products
- Homemade items without clear ingredient labelling
- **Temperature Control:** All perishable foods must be stored at appropriate temperatures before and during events to avoid contamination.

## ii. Guidelines for Shared Food Contributions

In the case of **approved shared food events** (e.g., National Day, International Day, Cultural Festivals):

### Strict protocols must be followed:

- **Ingredient Labelling:** Parents must clearly label all shared dishes, listing potential allergens (e.g., dairy, nuts, gluten, eggs).
- **Allergen-Free Zones:** Food that may contain allergens must be kept away from designated "safe areas" for students with allergies.
- **Nut-Free Rule:** In line with the school's "No Nuts Policy," no food items containing nuts or nut-based ingredients may be brought or served.
- **Portion Size and Nutrition:** Families are encouraged to bring **healthy, portion-controlled dishes** and avoid "red-listed" foods such as deep-fried snacks, sugary treats, or soda.
- **Pre-event Screening:** All food items are reviewed by the supervising teacher or nurse before being served to students.

## iii. Coordination with Parents and Staff

Collaboration and clear communication are key to the safe and inclusive organization of events involving food.

### Communication and Planning Include:

- **Parent Notification:** Information about the event, food guidelines, and safety procedures are shared well in advance through circulars, newsletters, and digital platforms.
- **Consent and Allergies:** Parents are asked to give consent and confirm any **dietary restrictions or allergies** before students can participate in events involving food.
- **Staff Supervision:** Designated staff members oversee food distribution, hygiene practices, and student behaviour to prevent issues such as allergic exposure or food-related bullying.
- **Emergency Readiness:** Staff members supervising food-related activities are trained to recognize symptoms of food allergies and have access to emergency medical plans and medications (e.g., EpiPens).

### Summary

By implementing strict food safety and health protocols during school events, The Philippine Global School ensures a secure and inclusive experience for all students. These practices align with ADEK's policy priorities by promoting well-being, preventing health risks, and encouraging healthy eating—even during celebrations.

## **Policy Compliance and Enforcement (2024/25 to 2025/26 Academic Years)**

To ensure the successful implementation of the **Healthy Eating and Food Safety Policy**, The Philippine Global School adheres strictly to compliance expectations as outlined by the **Abu Dhabi Department of Education and Knowledge (ADEK)**. The school recognizes the importance of a structured approach to compliance, backed by monitoring, enforcement, and legal accountability when necessary.

### **i. Compliance Timeline**

ADEK has set a clear timeline for full policy implementation across all schools in the Emirate:

- **Academic Year 2024/25 (Fall Term):**

The policy shall take **effect** at the beginning of the 2024/25 academic year. Schools are expected to begin implementation by updating internal systems, training staff, educating parents and students, and aligning food services and vendors with the policy.

- **Academic Year 2025/26 (Fall Term):**

Schools must achieve **full compliance** by the start of the 2025/26 academic year. This includes complete adherence to nutrition, food safety, sustainability, stakeholder engagement, and health protocols.

### **ii. Reporting and Accountability Measures**

ADEK requires schools to maintain accurate documentation and evidence of compliance. The Philippine Global School will meet these expectations through:

- **Regular Internal Audits:**

The school will conduct termly reviews of food safety records, allergy management procedures, vendor contracts, and mealtime supervision logs.

- **Annual Compliance Reports:**

Detailed reports will be submitted to ADEK and may include:

- Training records for staff
- Inspection reports from canteen services
- Food service licensing documentation
- Student and parent feedback summaries
- Allergy registers and emergency response protocols

- **Designated Compliance Officer:**

The **Manager of Services and OHS Office** is responsible for overseeing and documenting adherence to policy requirements and communicating updates with school leadership and ADEK.

- **Corrective Action Plans (CAPs):**

In the case of partial or non-compliance during internal or ADEK audits, the school will be required to develop and submit a CAP detailing:

- Identified issues
- Remedial actions
- Timeline for resolution
- Assigned personnel

### i. Legal Consequences of Non-Compliance

Failure to comply with the policy will subject the school to legal and regulatory actions as per **ADEK regulations** and **Federal Law**:

- **Penalties and Sanctions:**

Schools that do not meet compliance requirements may face:

- Written warnings
- Fines
- Suspension or revocation of licenses related to food services
- Restrictions on event permissions or vendor approvals

- **Applicable Legal References:**

- **Federal Decree Law No. (31) of 2021:** Promulgating the Crimes and Penalties Law, which addresses public health violations
- **Federal Law No. (10) of 2015:** On Food Safety, mandating hygiene standards and accountability in food handling and distribution

- **ADEK Oversight and Intervention:**

ADEK reserves the right to **intervene directly** if any school is found to be in violation of policy expectations, putting students' health or safety at risk.

### Summary

The Philippine Global School is committed to full and timely implementation of the Healthy Eating and Food Safety Policy as mandated by ADEK. Through robust monitoring, transparent reporting, and a commitment to legal compliance, the school ensures that all students benefit from a healthy, safe, and supportive food environment.

---

## XV. Review and Evaluation

To ensure the Healthy Eating and Food Safety Policy remains effective, relevant, and aligned with evolving regulations and best practices, The Philippine Global School adopts a structured and continuous approach to review and evaluation. This process is guided by ADEK's policy requirements and emphasizes accountability, transparency, and stakeholder involvement.

### i. Monitoring and Evaluation Process

A robust **monitoring and evaluation framework** ensures that all aspects of the policy are being implemented effectively across the school community.

#### Key Elements Include:

- **Internal Monitoring Team:**

A designated committee, led by the **Health & Safety Officer, Canteen Manager**, and school **Wellbeing Coordinator**, is responsible for ongoing monitoring of food services, safety compliance, and nutrition education.

- **Performance Indicators:**

Regular evaluations are based on clear metrics, such as:

- Number of healthy food options available in the canteen
- Frequency of food safety violations or hygiene incidents
- Student participation in nutrition education and sustainability campaigns
- Parent and student satisfaction survey results

- **Recordkeeping and Documentation:**

Logs are maintained for:

- Food inspection and hygiene audits
- Allergen records and incident reports
- Staff training completion
- Student feedback on meals

- **Annual Audit Reports:**

The school will compile and submit annual reports to ADEK or relevant authorities summarizing policy compliance, gaps, and action plans.

## ii. **Policy Review Schedule**

The policy is reviewed on a **scheduled and systematic basis** to maintain alignment with ADEK updates and school community needs.

### **Review Protocol:**

- **Formal Review Frequency:**

The policy will be reviewed **annually**, ideally at the end of the academic year, in preparation for implementation in the new school year.

- **Mid-Year Adjustments:**

If urgent issues arise—such as changes in food safety laws, allergy-related incidents, or feedback from ADEK—mid-year updates may be made.

- **Review Committee:**

The review process is led by the **School Leadership Team**, including:

- Principal or Director
- Health and Safety Officer
- Canteen Services Manager
- Parent Council Representative
- Student Council Member (for student feedback inclusion)

## iii. **Feedback and Policy Improvement Loop**

**Stakeholder feedback** plays a critical role in driving the ongoing refinement of the policy.

### **Engagement Methods Include:**

- **Surveys and Feedback Forms:**

Distributed to students, staff, and parents at least once per term to gather opinions on school meals, canteen service, and overall food safety.

- **Suggestion Boxes and Digital Platforms:**

Available year-round for continuous feedback on menu preferences, hygiene issues, or allergy concerns.

- **Parent and Student Meetings:**

Focus groups or open forums are held to discuss upcoming changes, listen to concerns, and involve stakeholders in shaping future initiatives.

- **Data-Driven Adjustments:**

Evaluation findings and stakeholder feedback are used to:

- Update food menus to improve nutrition
- Refine food safety procedures
- Enhance nutrition education activities

- Improve communication practices with families

## Summary

By embedding structured monitoring, scheduled reviews, and inclusive feedback mechanisms, The Philippine Global School ensures its Healthy Eating and Food Safety Policy remains dynamic, effective, and in line with **ADEK expectations**. This commitment promotes continuous improvement in student wellbeing, operational excellence, and stakeholder satisfaction.

## Reference:

- <https://www.doh.gov.ae/en/news/eat-right-get-active-expands-to-include-50-private-schools>
- Abu Dhabi Quality and Conformity Council (QCC). (2022). Abu Dhabi Guideline for Food Canteens in the Educational Institutions (ADG2/2022) (3rd ed.).
- Cena, H. & Calder, P. 2020. Defining a Healthy Diet: Evidence for the Role of Contemporary Dietary Patterns in Health and Disease. *Nutrients*, 12(2): 334.
- Ebeid, E. Z. M. & Zakaria, M. B. (2021). Thermal analysis in recycling and waste management. In Ebeid, E. Z. M. & Zakaria, M. B. (Eds)., *Thermal Analysis: From Introductory Fundamentals to Advanced Applications* (pp. 247-300).
- Federal Decree Law No. (10) of 2015 on Food Safety
- Federal Decree Law No. (31) of 2021 Promulgating the Crimes and Penalties Law
- Food and Agriculture Organization of the United Nations (FAO), 2010. Sustainable Diets and Biodiversity.
- Food and Agriculture Organization of the United Nations (FAO) and World Health Organization (WHO), 2018. International Food Standards.