


## RAHA INTERNATIONAL SCHOOL GARDENS CAMPUS

### POLICIES

<b>Policy title</b>	Healthy Eating Policy
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## **The Rationale**

Raha International School (RIS) recognizes the critical role of nutrition in supporting the physical and cognitive development of students. This comprehensive healthy eating policy is designed to create a culture of wellness within the school community, promoting nutritious food choices and positive eating behaviors, in alignment with the Abu Dhabi guidelines for food in educational institutions and ADEK School Healthy Eating and Food Safety Policy v.01 – January 2024.

## **Objectives**

1. Promote the health and well-being of students, staff, and families through access to nutritious foods and beverages.
2. Educate students about the importance of healthy eating habits and empower them to make informed food choices.
3. Create an environment that supports healthy eating practices, both in and out of the classroom.
4. Foster partnerships with parents, food service providers, and the wider community to reinforce healthy eating messages.

## **Guiding Principles**

1. Nutritional Standards:
  - All food and beverages offered or sold on school premises must comply with the nutritional guidelines outlined by the UAE Ministry of Education and relevant health authorities.

- Nutrient-dense foods such as fruits, vegetables, whole grains, lean proteins, and dairy or dairy alternatives will be prioritized.

## 2. Menu Planning:

- RIS will work closely with food service providers to develop menus that offer a variety of healthy and culturally diverse options.
- Menus will be designed to meet the nutritional needs of students at different age groups and accommodate special dietary requirements or preferences.

## 3. Meal Environment:

- RIS will create a welcoming and inclusive meal environment that encourages students to enjoy their meals and engage in positive social interactions.
- Eating areas will be clean, well-maintained, and conducive to mindful eating practices.

## 4. Hydration:

- Access to clean drinking water will be available to students throughout the school day, both indoors and outdoors.
- RIS will promote the importance of hydration and encourage students to drink water regularly.

## 5. Nutrition Education:

- RIS will incorporate nutrition education into the curriculum, providing students with opportunities to learn about healthy eating, food preparation, and the benefits of nutritious food choices.
- Teachers will integrate nutrition concepts into various subjects, such as science, physical education, and home economics.

## 6. Community Engagement:

- RIS will collaborate with parents, local health organizations, and other stakeholders to promote healthy eating initiatives within the school community.
- Parent workshops, cooking demonstrations, and nutrition seminars will be organized to provide families with resources and support for implementing healthy eating practices at home.

## Implementation Strategies

### 1. School Meals:

- Lunch program will offer balanced meals that include a variety of fruits, vegetables, whole grains, and lean proteins.
- Processed foods high in added sugars, sodium, and unhealthy fats will be limited or eliminated from school menus.
- Special attention will be given to accommodating students with food allergies or intolerances.

### 2. Snack Policy:

- Snacks brought from home should align with the school's healthy eating guidelines, with an emphasis on fresh fruits, vegetables and low-fat dairy products.
- RIS will discourage the consumption of sugary snacks, candies, and beverages high in empty calories.

### 3. Food Marketing:

- RIS will promote healthy food choices through signage, posters, and other visual cues throughout the school campus.

- Marketing materials and advertisements will highlight the nutritional value of healthy foods and beverages.

#### 4. Celebrations and Events:

- During special occasions and school events, RIS will encourage the inclusion of healthier food options, such as fruit platters, vegetable trays, and whole-grain snacks.
- Teachers and staff will explore non-food alternatives for celebrating achievements and milestones, such as certificates, praise, or group activities.
- **Nut-free Policy:** RIS will be a nut-free school for all food brought into school, including lunches, Parent Team bake sales, end-of-year parties, National and International Day celebrations, and Community Iftar.

### Public Health Guidelines on Food in Schools

The following slides provide detailed information about the types of food that are considered "Red Foods" and are prohibited in educational institutions. These guidelines are crucial for ensuring that our food choices align with public health standards and support the well-being of our students at RIS.

## Green and Red food group



### ✓ Foods from the Green Group:

The healthiest and most nutritionally valuable food that support the growth and development of students. They contain:

- ✓ Lower percentage of fat, sugar, and salt than red food groups.
- ✓ Higher level of fiber than red food groups.



### ✗ Foods from the Red Group:

Foods that are Low in nutrients necessary for the healthy growth and development of students, and are often processed foods. They contain:

- ✓ Higher amount of fat, sugar, and salt than foods from the green group.
- ✓ Less in fiber than foods from the green group.



## Selection of food from food Groups



**Food that is prohibited to be sold or imported in educational institutions:**

Any food item that is high in fat and sugar.



All kinds of fried foods



Sweetened baked goods and pastry items.



All kinds of sweets containing sugar and colorings.



Yogurt/ milk with artificial flavors.



Ice cream, slushies, and other frozen foods.





## Selection of food from food Groups



**Food that is prohibited to be sold or imported in educational institutions:**

<p>Full-fat dairy drinks and cheeses.</p> 	<p>Soy milk, and sauces that contain soy and its derivatives.</p> 	<p>Energy drinks and hot and iced coffee and tea.</p> 
<p>Soft drinks and fruit juices made from fruit syrups.</p> 	<p>Chocolate</p> 	<p>Fried potato chips</p> 

## Selection of food from food Groups



**Food that is prohibited to be sold or imported in educational institutions:**

- Any Food Containing:
 

<p>Artificial sweetener, preservatives, or chemicals colors &amp; flavors</p> 	<p>Monosodium glutamate</p> 	<p>Pork derivatives or with added alcohol (ethanol)</p> 
<p>Coconut milk/cream, Butter, Ghee, and Tallow</p> 	<p>Hydrogenated fats.</p> 	<p>Food additives: Sunset Yellow (E 110), Carmoisine (E 122), Allura Red (E 129), etc.</p> 



### **Qualifications, Clarifications, and Exceptions:**

- Bake Sales by the Parent Team: Permitted only twice per year, where red foods are allowed.
- Student Council Fundraising: Only pure fruit frozen pops are permitted for sale, avoiding ultra-processed foods or ice cream.
- Birthday Parties in Classrooms: Only fruits, fruit platters, toys, or board games are permitted—no red foods.
- End-of-Year Parties: The only time red foods are allowed to be brought to school, but their inclusion should be minimized.

### **Monitoring and Evaluation**

1. **Compliance:** RIS will regularly monitor compliance with the healthy eating policy through menu audits, student surveys, and observations of mealtime practices.
2. **Feedback:** Students, parents, and staff will have opportunities to provide feedback on the implementation of the policy and suggest areas for improvement.
3. **Review:** The healthy eating policy will be reviewed annually by a designated committee to assess its effectiveness and identify opportunities for enhancement.

### **Conclusion**

Raha International School (RIS) is committed to fostering a culture of health and wellness that empowers students to make positive choices for their bodies and minds. By implementing this comprehensive healthy eating policy, RIS aims to

lay the foundation for lifelong habits of nutrition and well-being among its students and the broader school community.

## Revision Log

Date	Changes	Reviewed By