



Beaconhouse Private School Al Ain

Healthy Eating and Food Safety Policy

2025-2026

(Reviewed in August 2025)


Reviewed by:	SLT
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1. Introduction

At Beaconhouse School, we recognize that a safe and healthy diet is essential for the physical, mental, and emotional wellbeing of our students and staff. Schools play a critical role in shaping lifelong habits, and thus we have a responsibility to create an environment that supports good nutrition, food safety, and sustainable food practices.

This policy is based on international best practices and aligned with ADEK's standards, but tailored to Beaconhouse's vision. It emphasizes both health and sustainability, ensuring that food served and consumed within our school contributes positively to the development of our learners.

2. Purpose and Objectives

The purpose of this policy is to establish clear standards for healthy eating and food safety within Beaconhouse School. The objectives are to:

1. Provide access to safe, nutritious, and sustainable food options.
2. Educate students, parents, and staff on healthy food choices.
3. Reduce the availability of unhealthy and high-risk foods.
4. Promote food services that comply with safety and hygiene standards.
5. Respect cultural, ethical, and religious dietary requirements.
6. Reduce food waste and encourage sustainable practices.

3. Definitions

Key terms used in this policy include:

- Carbon Footprint: Greenhouse gases released from food production and transport.
- Food Label: Information on food packaging about ingredients, nutritional value, and safety.
- Food Services: School-provided or outsourced catering arrangements.
- Healthy Eating: A balanced diet that promotes growth, wellbeing, and long-term health.
- Nutritional Value: Health benefits derived from the nutrients in food.

- School Canteen: School facility for preparing and selling healthy meals.
- Sustainable Practices: Food choices that minimize environmental impact while being affordable.
- Waste Management: Handling of food waste, packaging, and leftovers.

4. Policy Requirements

Beaconhouse School will:

1. Establish a comprehensive Healthy Eating and Food Safety Policy.
2. Prohibit unhealthy items including energy drinks, foods high in trans fats, and allergen-rich foods like nuts.
3. Ensure food services are licensed, inspected, and meet safety standards.
4. Make this policy accessible to staff, students, and parents.
5. Conduct awareness campaigns on healthy eating.
6. Train canteen staff and teachers in nutrition and food safety.
7. Communicate food-related concerns promptly with parents.

5. Promotion of Healthy Eating

Beaconhouse School is committed to promoting a culture of healthy eating through:

- Nutrition-focused curriculum lessons.
- Workshops for parents and students on reading food labels.
- School-wide events such as 'Healthy Eating Week.'
- Restriction of unhealthy snacks and sugary drinks.
- Clear communication of canteen menus to parents and students.
- Unsafe food items such as nuts, raw seafood, and high-allergen products are strictly prohibited.

6. Healthy Food Services

Food services at Beaconhouse will:

1. Be licensed and inspected regularly.
2. Offer daily healthy options including fruits, vegetables, and whole grains.
3. Avoid deep-fried items and heavily processed foods.

4. Display clear food labeling and allergen information.
5. Provide training for all canteen staff on food handling and hygiene.
6. Engage parents by publishing menus and nutritional information.

7. Food Safety and Hygiene

To protect student health, Beaconhouse ensures:

- Proper storage and preparation of all foods.
- Use of gloves, hairnets, and sanitization by food handlers.
- Regular kitchen inspections and hygiene audits.
- Immediate reporting and handling of any foodborne illness.
- Safe drinking water availability at all times.

8. Special Considerations

Beaconhouse respects diversity and ensures:

1. Meals meet cultural, religious, and ethical dietary needs.
2. Records of student allergies are kept and updated.
3. Parents must inform the school of allergies immediately.
4. Risk assessments are conducted for all school events involving food.
5. Teachers and staff are trained to respond to allergy emergencies.

9. Sustainability and Environmental Practices

In alignment with sustainability goals, Beaconhouse will:

- Offer plant-based and locally sourced meals where possible.
- Reduce food waste through portion control and recycling.
- Minimize plastic and packaging waste.

- Partner with suppliers that promote ethical and sustainable sourcing.
- Encourage students to bring reusable bottles and containers.

10. Roles and Responsibilities

Implementation of this policy requires shared responsibility:

- School Leadership: Ensure compliance and oversight.
- Teachers: Integrate nutrition awareness into lessons.
- Canteen Staff: Adhere to safety and hygiene standards.
- Parents: Support healthy eating at home and collaborate with the school.
- Students: Make informed choices and respect food guidelines.

10. Compliance and Monitoring

This policy is effective from AY 2024/25 (Fall Term) with full compliance required by AY 2025/26. Regular audits will be conducted to ensure adherence. Non-compliance will result in corrective actions and may affect vendor contracts or staff responsibilities.

11. Conclusion

Beaconhouse School is committed to fostering a safe, healthy, and sustainable food culture. By working together—students, staff, and parents—we will build lifelong healthy habits that support wellbeing, academic success, and environmental responsibility.