



مدرسة الإمارات الدولية - جميرا
Emirates International School - Jumeirah

FOOD STANDARDS POLICY

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1. Policy statement

Schools have a unique role in helping children learn and develop good healthy eating habits for life and creating happier, healthier adults of the future. The guidance in this policy is designed to support healthy eating habits and ensure that students have the energy and nutrition they need to get the most from their whole school day. It's important to give students access to healthy food that looks good and tastes delicious.

We have used the Guidelines and Requirements for Food and Nutrition in Schools in Dubai, written by Dubai Government and Dubai Municipality (January 2017) which gives guidance on nutrition and healthy eating for school children and regulations covering food provided at school from the school canteens. We have also drawn upon advice from the UK 'School Food Standards' and the UK 'The Requirements for School Food Regulations 2014' as a guiding philosophy for a wider context of food in school and at events held by the school.

As a general principle, it is important that students are provided with a wide range of foods with fresh, sustainable and locally sourced ingredients across the week both at home and in school. In addition, the curriculum and school ethos must reinforce and promote dialogue around healthy eating habits.

A child's healthy, balanced diet should consist of:

- plenty of fruit and vegetables
- plenty of unrefined starchy foods
- some meat, fish, eggs, beans and other non-dairy sources of protein
- some milk and dairy foods
- a small amount of food and drink high in fat, sugar and salt

2. Policy Aims

At Emirates International School, Jumeirah, we are committed to promoting the health and wellbeing of our pupils. We recognise the vital role that a balanced diet plays in a child's ability to learn and develop.

- To ensure food and drink provided at school meets required regulations and standards.
- To encourage healthy food choices among pupils, staff, and families.
- To support the development of positive attitudes towards healthy eating.
- To integrate food education into the school curriculum.
- To raise awareness of specific needs of children with food restrictions and allergies.

3. School Provided Food

3.1 School Meals

School meals are provided by our catering company in accordance with strict local regulations and protocols. Our canteen is inspected regularly for compliance with food safety requirements.

Our school meals provide a balanced diet with a wide variety and appropriate portions of fruit, vegetables, starchy foods, proteins, and dairy. Foods that are high in fat, sugar, and salt are

limited and water is freely available. Menus are reviewed regularly and consider dietary needs, allergies, and cultural preferences.

3.2 Snacks and Drinks

Pupils are allowed to bring healthy snacks, fruit or vegetables to be eaten during break times. Children bring their own water bottles which can be filled at dispensers throughout the school day. In addition, fruit juices or milk are permitted in snack boxes.

Sugary drinks and confectionery are not allowed in snack boxes which are monitored by class teachers in primary school. The school is a nut-free zone to support students with allergy and sensitivity needs. Pork products are not permitted to reflect the cultural context of the school.

Parents are encouraged to provide healthy snacks in line with the school food standards and guidance is provided to parents with suggestions for nutritious snack options.

4. Curriculum and Food Education

Healthy eating is embedded into the curriculum through subjects such as Science, Physical Education, Topic and interdisciplinary units of work. Pupils learn about nutrition, food groups, and the benefits of a balanced diet.

Opportunities for cooking and food preparation are offered across year groups in secondary school and as after school activities.

5. Role of Staff & Families

Staff model healthy eating behaviours and students are monitored by staff on duty in the High School canteen. Snack boxes in Primary School are monitored by staff.

Information and resources are provided to families to support healthy eating at home and the school engages with families through events, workshops, and newsletters on nutrition and wellbeing.

Food waste competitions and other initiatives relating to healthy eating or SDGs are held regularly to highlight key messages to students.

6. Special Dietary Requirements

The school caters for pupils with medical, religious, or cultural dietary needs though registering such needs with the school nurse. Medical needs are known by the pastoral and other staff where necessary. Children in early years have additional support from staff in this regard.

7. Kalo and Fuze Café

Senior students can purchase food and drinks from Kalo, based in the Annex building and High School students can access Fuze café at break times and lunch times. Both follow all ministry guidance on food and beverages.

8. Charity and Cultural Events

The School Food Regulations do not apply in their entirety to food provided at celebrations to mark cultural occasions, at fund-raising events, and in class parties.

The school recognises that there are school events such as National Day, Iftar Community Event, International Day, The Winter Wonderland and other large events, where food is provided that falls outside of the guidance in this policy.

Any outside vendors should be fully licensed to provide food. Any food provided by parents or volunteers should be agreed upon in advance by the principal and should be prepared under hygienic conditions. In addition, the contents of the food should be listed and any potential allergens should be highlighted. See [Appendix A](#) for information on allergens.

9. Food Sales for Charity

Bake/Food sales are occasionally authorised by KHDA to raise funds for charitable causes. Every precaution will be taken to mitigate risks and where these baked goods are donated, clear instructions should be given to those who are donating them about preparation under hygienic conditions. In addition, potential allergens will be highlighted and buyers will be warned of associated risks.

See [Appendix A](#) for information on allergens.

10. Monitoring & Review

The implementation of this policy is monitored by the senior leadership team and reviewed annually. The policy will be reviewed every two years as a minimum or in response to changes in statutory guidance. Between updates, the policy will be updated when necessary to reflect local and national changes. This is the responsibility of the principal.

Appendix A: Food Allergens

Students may be allergic or have intolerance to a variety of ingredients, but 9 ingredients are officially recognised as allergens (Food and Nutrition in Schools in Dubai, by The Food Safety Department of Dubai Municipality, 2017)

-  **Crustaceans and their products (e.g. prawns)**
-  **Peanuts and their products**
-  **Soybeans and their products**
-  **Tree nuts and their products**
-  **Sesame seeds and their products**
-  **Fish and fish products**
-  **Egg and egg products**
-  **Milk and milk products**
-  **Gluten and cereals containing gluten (wheat, rye, oats, barley and spelt).**

We are a nut-free school with no exceptions. The other allergens should be avoided in food that is brought into school or provided as part of a school event, where possible. Where it is not possible to avoid the ingredient, its presence should be explicitly mentioned and clearly labelled.