



Healthy and Sustainable Food and Nutrition Policy

1. Introduction

A safe and healthy diet is essential for students' physical and mental health and a vital contributor to overall wellbeing. Schools play a central role in shaping lifelong eating habits and therefore have a duty to foster a healthy, safe, and sustainable food environment.

Repton Abu Dhabi is committed to promoting healthy eating, ensuring food safety, and supporting environmental sustainability through responsible food practices that align with the Abu Dhabi Guideline for Unified School Nutrition and Food Safety (ADG2, QCC 2025).

This policy outlines the standards and expectations that govern the provision, promotion, and consumption of food within the school community.

2. Purpose

This policy aims to:

- Ensure the school eating environment and food services comply with the Abu Dhabi Guideline for Unified School Nutrition and Food Safety (ADG2, 2025) and any additional relevant guidance.
- Enhance nutritional awareness and promote healthy, sustainable eating habits through supportive environments, education, and stakeholder engagement.
- Encourage environmentally responsible behaviours, including waste reduction, sustainable food choices, and resource-conscious practices.

3. Definitions

ADG2 Requirements

The 2025 Abu Dhabi Guideline for Unified School Nutrition and Food Safety issued by QCC, including future amendments.

Canteen

A licensed facility for preparing, distributing, and selling permitted healthy food to students and staff.

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**Carbon Footprint**

Greenhouse gas emissions associated with a particular activity.

Food

Any substance intended for human consumption (including beverages, bottled water, and items used in food preparation). Excludes cosmetics, tobacco, and drugs.

Food Label

Printed or attached information providing ingredients, nutritional value, and other food details.

Food Services

Any arrangements made by the school for students and staff to obtain food during the school day or at school-organized activities.

Healthy Eating

A balanced dietary practice ensuring adequate nutrients and fluids to support health, energy needs, and disease prevention—including environmentally sustainable choices.

Nutritional Value

The measure of the healthiness of a food item based on its nutrient content.

Sustainable Meal Practices

Low-environmental-impact dietary practices that are healthy, affordable, accessible, and resource-efficient.

Waste Management

Processes to manage waste from its creation to final disposal.

4. School Food and Nutrition Policy

Repton Abu Dhabi will maintain a formal Food and Nutrition Policy aligned with ADG2 requirements, including:

1. A commitment to healthy eating, food safety, and sustainability.
2. Compliance with all hygiene and food safety standards prescribed in ADG2.
3. Guidelines for food served or shared during large-scale events, ensuring adherence to ADG2 and prohibition of “Red List” foods.
4. Optional adoption of stricter school-wide healthy eating and sustainability standards.

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5. Inclusion policies for minority groups and protection of students with allergies or intolerances.
6. Publication of the Food and Nutrition Policy on the school website and accessibility to staff, parents, students, and vendors.

5. Promotion of Healthy Eating

5.1 Healthy Eating Environment

Repton Abu Dhabi shall ensure all food consumed on premises complies with ADG2—this includes canteen food, vending machine items, classroom snacks, and food brought from home.

5.2 Active Supervision

Staff must supervise snack and mealtime behaviour, including:

- Conducting visual lunchbox compliance checks.
- Ensuring every student has access to a meal daily (unless fasting).
- Monitoring concerning eating behaviours and reporting them appropriately.
- Modelling healthy eating habits and teaching basic food skills, especially in KG and Cycle 1.

5.3 Balanced Meals

Only balanced meals meeting ADG2 “MyPlate” requirements will be served.

The school may:

- Restrict the purchase of individual non-meal items at lunchtime.
- Allow complementary purchases only when students bring required food components from home.
- Apply sensitive measures for students facing financial limitations.

5.4 ADG2 “Red List”

All “Red List” foods are prohibited on school premises.

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5.5 Hydration

Water is the default beverage served at school, available at all times, with frequent reminders for students to hydrate.

5.6 Food Sharing

Food sharing is discouraged, but permitted only when:

- Parents authorise it.
- Food meets ADG2 guidelines.
- Food is stored safely and excludes all “Red List” items.

5.7 Microwaves

Microwaves shall not be made available for student use.

5.8 Lunchbox Compliance

The school shall:

- Conduct respectful daily spot checks.
- Notify parents of non-compliance.
- Offer healthy alternatives (charged to parents) after repeated non-compliance.
- Prohibit consumption of confiscated items on school premises.
- Maintain a donation system for removed non-compliant foods.

5.9 Personal Hygiene

Students must wash or sanitize hands before eating; signage and staff support will be provided.

5.10 Nutrition Education

Nutrition instruction will be provided through the curriculum and school activities covering:

- Balanced diets
- Food label literacy
- Sustainable eating

- The influence of food marketing

5.11 Staff Awareness and Training

Staff must:

- Attend ADPHC and relevant training on nutrition and allergens.
- Use positive, non-judgmental language regarding food and body image.
- Model healthy eating behaviours.
- Support a safe environment for discussing food and wellbeing.

5.12 Parent Engagement

The school will:

- Provide clear annual guidelines and ADG2 information.
- Hold nutrition workshops at least once per term.
- Communicate concerns clearly, respectfully, and promptly.
- Partner with parents to reinforce consistent messages at home.

5.13 Food-Related Complaints

All complaints shall be logged and addressed following the ADEK School Records Policy.

5.14 Continuous Improvement

The school will collect feedback from stakeholders (e.g., tastings, surveys) to refine food services and promote a healthy eating culture.

6. Food Services

6.1 Quality Control

Food services must comply with ADG2 and Federal Law No. 10 (2015).
Suppliers must be SEHHI-certified or actively obtaining certification.

6.2 Reporting Non-Compliance



Any food service violations shall be reported to ADAFSA.

6.3 External Food Delivery

Students may not use external food delivery services.

Staff must avoid unintentionally promoting unhealthy brands on campus.

7. Special Considerations

7.1 Minority Groups

The school will respect cultural, ethical, and religious dietary needs and involve communities in food-related decisions.

7.2 Food Allergies

The school will:

- Maintain allergy records accessible to relevant staff and canteen.
- Ensure allergen warnings on food labels.
- Require parents to update allergy information promptly.
- Conduct allergy-related risk assessments.
- Maintain emergency response procedures.

7.3 Special Dietary Requirements

Requests for alternate meal plans (e.g., athletes or medical needs) must be submitted in writing with justification.

8. Sustainability

The school will implement sustainable food service strategies, including:

- Offering plant-based and low-carbon meals
- Reducing waste through portion control, recycling, and mindful packaging
- Promoting sustainability practices among students, staff, and parents

School-grown produce (where applicable) must follow ADAFSA and ADG2 safety standards\

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9. Food Marketing

9.1 Promotion

The school will use positive marketing strategies to promote healthy eating.

9.2 Prohibition

The school strictly prohibits:

- Display, sale, or advertising of non-compliant foods
- Staff unintentionally promoting unhealthy brands
- Marketing techniques targeting children
- Sponsorships from brands conflicting with ADG2 guidelines

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Appendix A

Restricted Foods and Beverages on the ADG2 “Red List”**

The following items are **strictly prohibited** for sale, distribution, or consumption by students on school premises, whether provided by the school or brought from home, in accordance with the *Abu Dhabi Guideline for Unified School Nutrition and Food Safety (ADG2, 2025)*.

1. High-Fat and High-Sugar Foods

1.1 Deep-Fried Foods

Examples:

Fried chicken, falafel, samosas, fries, and other deep-fried items.

Reason:

High oil absorption increases saturated/trans fats and unnecessary calories.

Alternatives:

Oven-baked, air-fried, or roasted versions.

1.2 Sweets and Desserts with Excess Sugar/Fat

Examples:

Cakes, donuts, croissants, sweet pastries, marshmallows, candy, lollipops, ice cream, slushies, chocolate (<50% cocoa), and similar items.

Reason:

High sugar/fat content contributes to dental issues, unhealthy weight gain, and empty calories.

Alternatives:

Portion-controlled wholegrain muffins, fruit-based desserts, dark chocolate (>50% cocoa).

Refer to ADG2 Section 11.4.2, Table 9 for accepted baked good portions.

2. Unhealthy Beverages

2.1 Soft Drinks (All Types)

Examples:

Regular, diet, and zero-calorie sodas.

Reason:

Contain sweeteners, phosphates, and caffeine; nutritionally poor.

Alternatives:

Water, sparkling water, unsweetened infused water, 100% fruit juice (max 200 ml).

2.2 Energy and Sports Drinks

Examples:

Energy drinks, sports drinks (with exceptions).

Reason:

High caffeine/sugar and stimulants inappropriate for children.

Alternatives:

Water or electrolyte solutions advised by health professionals.

See ADG2 Section 11.7.3 for athlete-specific guidelines.

2.3 Caffeinated Beverages

Examples:

Coffee and tea (hot or iced).

Reason:

Caffeine may affect sleep, concentration, and blood pressure.

Alternatives:

Caffeine-free herbal teas, warm milk (without banned additives).

2.4 Fruit Syrup Juices

Examples:

Juices labelled “beverage,” “cocktail,” “made from real fruit juice.”

Reason:

High sugar content; lack fibre and nutrients.

Alternatives:

100% juice (max 200 ml), diluted with water or carbonated water; fresh smoothies without added sugar.

See ADG2 Section 11.5.2, Table 12.

3. Processed and High-Fat Meat Products

3.1 Non-Halal Meat Options

Includes pork derivatives, alcohol-containing foods, or any non-halal ingredients.

3.2 Processed Meats

Examples:

Hotdogs, sausages, mortadella, pepperoni, salami, smoked turkey/salmon, bacon, deli meats.

Reason:

High sodium, preservatives, saturated fats.

Alternatives:

Lean poultry, fish, unprocessed meats (baked or grilled).

3.3 High-Fat Meat Cuts

Examples:

Fatty cuts of beef, lamb, camel.

Reason:

High saturated fat and sodium.

Alternatives:

Chicken breast, trimmed beef, legumes or plant proteins.

4. Additive-Containing Foods

4.1 Artificial Colours and Flavours

Examples:

Sunset Yellow (E110), Quinoline Yellow (E104), Carmoisine (E122), Allura Red (E129), Tartrazine (E102), Ponceau 4R (E124), RED40, YELLOW5, YELLOW6, BLUE1; preservatives and artificial sweeteners not compliant with UAE regulations.

Reason:

May cause hyperactivity or allergic reactions.

Alternatives:

Natural colourings (beetroot, carrot, turmeric) and flavours from whole foods.

4.2 Monosodium Glutamate (MSG) and Flavor Enhancers

Reason:

Possible sensitivity reactions; encourages consumption of high-sodium foods.

Alternatives:

Herbs, spices, garlic, onion, citrus.

4.3 High Fructose Corn Syrup (HFCS)

Reason:

Strongly linked to obesity and metabolic issues.

Alternatives:

Minimal natural sweeteners (honey, fruit purées) used sparingly.

4.4 Artificial Sweeteners (Non-UAE Approved)

Examples:

Any sweetener not listed in UAE.S 192:2019.

Reason:

Some are possibly carcinogenic.

Alternatives:

Approved sweeteners such as stevia.

5. Dairy and Soy Product Restrictions

5.1 Dairy Drinks

Examples:

Sweetened/flavoured milk and dairy items exceeding sugar/fat limits.

Reason:

High sugar and saturated fat.

Alternatives:

Unflavoured full-fat or low-fat milk, natural cheese, unsweetened yogurt.

5.2 Soy Products

Examples:

Soy milk, soy-based sauces containing additives.

Reason:

Often contain flavour enhancers or sweeteners.

Alternatives:

Unsweetened coconut or oat milk.

5.3 Cheese Imitations

Examples:

Imitation cream cheese, processed cheese slices, flavoured cheese products.

Reason:

High in additives, trans fats, and sodium.

Alternatives:

Low-fat mozzarella or cheddar.

6. Other Restricted Items

6.1 Pickled Vegetables (High Salt/Preservatives)

Reason:

Excess sodium and preservatives.

Alternatives:

Fresh or lightly marinated vegetables.

6.2 High-Calorie Spreads, Dressings, and Sauces

Examples:

Mayonnaise, ketchup, chili sauces, ranch, jalapeño sauce, Italian sauces.

Reason:

High sugar, salt, fat, and additives.

Alternatives:

Homemade tomato-based sauces, yogurt dressings, low-salt/low-sugar versions.

6.3 Allergens: Nuts, Soybean, Sesame

Examples:

All nuts, peanuts, nut products; soy and derivatives; sesame seeds/products.

Reason:

High risk of allergic reactions.

Alternatives:

Non-allergenic seeds such as chia, flax, pumpkin, sunflower (unsalted).

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