

## HEALTHY EATING POLICY

Approved by: School Governing Board

Date: August 2024

Last reviewed on:

Date: June 2025

Next review:

Date: August 2026

### Monitoring and review

This policy is subject to continuous monitoring, refinement, and audit by the School Management, who will undertake a complete annual review of this policy and procedures, inclusive of its implementation and the efficiency with which the related duties have been discharged. This discussion will be formally documented in writing. All staff will be informed of the updated/reviewed policy, which will be made available to them electronically, or by hard copy on request.

## Introduction

Mikana International Catering Services L.L.C. has reinstated its Hazard Analysis and Critical Control Points (HACCP) Policy as a means to achieve Food Safety by applying rigorous safety measures. This policy aligns with the Abu Dhabi Guideline for Food Safety in Educational Institutions, and ADEK School Healthy Eating and Food Safety Policy (ADEK Section 1.1, 3.1, 4.2), ensuring safe, nutritious, and sustainable food services within educational institutions.

## Quality Pledge & Objectives

Our primary objective is to maintain the highest levels of food safety in our production processes, directly linked to product quality and customer safety. Food Safety is not just another goal - it is our fundamental strategy for survival and growth.

To achieve this, we commit to:

- Ensuring **full compliance with ADEK's healthy eating guidelines** (ADEK Section 2.1, 2.2), with regards to foster and promotion of healthy eating.
- Offering **nutritious and balanced meals** that meet **nutritional and safety standards** prescribed by ADEK (ADEK Section 2.3).
- **Prohibiting unsafe food items**, including those containing allergens (e.g., nuts) and highly processed foods (ADEK 4.2.1, 4.2.2).
- **Strict adherence to HACCP principles** in all food handling, preparation, and transportation (ADEK Section 3.1, 3.2).
- **Maintaining a comprehensive training program for staff awareness** on hygiene, food safety and nutrition (ADEK Section 2.4).
- **Promoting sustainability** through plant-based and locally produced food, waste reduction, eco-friendly packaging, and responsible sourcing (ADEK Section 5.1).
- **Ensuring safe meal supervision**, preventing allergic reactions and unhealthy eating behaviors (ADEK-SHEFSP, Section 1.1.c).
- **Providing high-quality products on time with efficient cost management**, ensuring food safety and full compliance with our policies and standards.
- **Fostering customer loyalty through continuous process improvements and efficiency enhancements.**
- **Committing to Total Quality Management (TQM) to meet all legal, regulatory, and customer-specific requirements through continuous improvement.**

- Ensuring that food safety and quality are never compromised in favor of cost or schedule.

## Food Preparation, Handling & Storage

- All food must be **prepared in HACCP - compliant facilities** and **meet ADEK safety regulations** (ADEK Section 3.1, 3.3).
- **Proper food labeling** shall be enforced to indicate allergens, expiration dates, and nutritional content (ADEK Section 4.2.1.b).
- Schools and vendors shall **eliminate cross-contamination risks** and ensure temperature control during food storage and transportation (ADEK Section 3.1).
- **Ensuring that all employees have the right to question decisions affecting food safety.**

## Sustainability and Environmental Responsibility

- Schools must implement **waste reduction initiatives**, including portion control and proper recycling practices (ADEK Section 5.1.2).
- The use of **eco-friendly packaging** and locally sourced ingredients is encouraged to reduce the carbon footprint (ADEK Section 5.1.1).

## Compliance & Training

- All school canteen staff and food handlers must undergo **mandatory training** in accordance with Abu Dhabi Public Health Center (ADPHC) on food safety, nutrition, and hygiene (ADEK Section 2.4).
- Regular **inspections and audits** shall be conducted to ensure adherence to ADEK food safety standards (ADEK Section 3.1, 6.1).
- **Encouraging a culture of transparency and accountability in food safety compliance.**

## Final Commitment

Mikana International Catering Services L.L.C. pledges to maintain **strict adherence to ADEK's food safety and healthy eating regulations** (ADEK Section 6.2), ensuring that all food provided within educational institutions is safe, nutritious, and sustainably sourced.