



**DUBAI
BRITISH
SCHOOL**
EMIRATES HILLS

Healthy Eating Policy

This procedure is reviewed annually to ensure compliance with current regulations

Approved/reviewed by	
Principal	
Date of review	August 2023
Date of next review	August 2024



At DBS we like to encourage the children to develop healthy eating habits. By providing a delicious and nutritious snack and packed lunch for your child, you will be helping to ensure that they experience a balanced school day.

The school recognises the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. It also recognises the role the school can play, as part of the larger community within the UAE in promoting family health and sustainability in food and farming practices and production.

PLEASE NOTE:

- DBS is a nut and pork free school
- Chocolate products and fizzy drinks are not acceptable while at school.
- Cakes, sweets, chocolates and sugary snacks are not acceptable as birthday or celebration treats. Please save treat food for home time.
- Instead of cakes, sweets, chocolates or sugary snacks to celebrate a birthday/ special event we suggest that parents donate a book to their child's class, and the school will add a 'book plate' acknowledging that it was donated for that child's birthday/ special event.

Please feel free to come and see us if you would like some help with your child's snack box.

Children in Year 5 and above have the option of purchasing food from the school canteen (Slices Café).

Below are some suggestions to include in your child's packed lunch:

Pasta or rice salad Sandwich/bread roll (preferably brown bread) with a protein filler, e.g. chicken, tuna, cheese Bread sticks Rice cakes Crackers	Cucumber sticks Carrot sticks Apple wedges Banana Melon Grapes, etc.	1 healthy biscuit, i.e. oatmeal, digestive, flapjack Yoghurt Raisins Homemade muffins: spinach, cheese, blueberry or banana	Water Diluted fruit juice Pure fruit juice Milk
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