School Food Policy

Dear parents,
At City American School (CAS), we are committed to creating a healthy and safe food environment for all students. Proper nutrition supports physical growth, learning, concentration, and overall well-being. This policy ensures that only safe, balanced, and nutritious food and drink options are provided and consumed within the school.

1. School Responsibility

- CAS works closely with the cafeteria team to provide fresh, nutritious, and affordable meals every day.
- All canteen items are checked daily for quality, freshness, and safety, under the supervision of the School Nutritionist and clinic staff.
- Food and drink samples are submitted to the clinic every day for quality and nutrition checks.

2. Home-Packed Food Guidelines

Parents who send food from home should follow these guidelines:

Allowed items:

- Fresh fruits & vegetables
- Home-made sandwiches/wraps (prefer to be whole-grain or brown bread preferred)
- Healthy salads (without heavy sauces)
- Plain biscuits (without chocolate and sugar)
- Freshly squeezed juices, laban, or milk (non-glass containers)
- Water (non-glass, labeled bottles)
- Home-made popcorn

Not allowed (due to health risks, high sugar/fat, or allergy concerns and choking hazard):

- Nuts and seeds (to prevent allergic reactions)
- Chocolate, candy, or chocolate biscuits
- Lollipops (choking hazard, high in sugar, and harmful to dental health)

CAS
Address
P.O.Box: 18484
Sheikh Ammar Road, Al Tallah 2
Ajman
United Arab Emirates

Contact
+971 6 7052000
+971 5 26823837
info@cityamericanschool.ae

- Chips, crisps, or fried snacks
- Fast food (hamburgers, fries, fried chicken, pizza, etc.)
- Instant noodles (excess salt, preservatives, and unhealthy fats)
- Fizzy drinks or energy/colored sugary drinks
- Packaged juices with added sugar, preservatives, or artificial coloring

Note: These items are restricted because they may negatively affect children's concentration, behavior, and long-term health, and in some cases (like nuts, lollipops, or instant noodles) may pose direct safety or health risks.

3. Eating & Drinking Rules

- Eating is only allowed during break times.
- Eating is not permitted during class time.
- Students may drink only water in class.
- Lunch boxes and water bottles must be clearly labeled with the student's name.
- To avoid leaks, bottles/flasks should be carried outside of school bags.
- **Food sharing** is s**trictly not permitted** to prevent allergic reactions and ensure safe eating habits.

4. Portion Size & Packaging

- Parents are encouraged to send reasonable portion sizes to avoid food waste.
- Food should be packed in easy-to-open, child-friendly containers to support independence and avoid classroom disruptions.

5. Food Safety

- Parents should avoid sending perishable foods (such as dairy) unless they are safely packed with an ice pack.
- Leftovers from cafeteria meals **should not be reheated** or stored for later consumption.

6. Celebrations & Special Events

- For birthdays, class parties, or special events, parents are encouraged to send healthy alternatives only such as fruit platters, yogurt cups, or healthy muffins.
- Cakes, candy, chips, and other unhealthy snacks will not be permitted during school events.

7. Communication & Enforcement

- The school reserves the right to remove or discard restricted food items if brought to school.
- Parents will be notified if students repeatedly bring food items that go against the policy.
- Clear communication between parents, teachers, and the nutritionist is essential for ensuring student safety and health.

8. Healthy Eating Promotion

- CAS hosts an annual "Healthy Choices Week" with activities across all grades to raise awareness about nutrition and wellness.
- Nutrition education will be reinforced throughout the year via classroom activities, posters, and health challenges.
- Parents are encouraged to model and support healthy eating habits at home.

9. Parent Partnership

By enrolling your child at CAS, parents agree to follow and support this Food Policy. With your cooperation, we can provide a safe, healthy, and positive eating environment that supports both student health and academic success.

10. Medical Exemptions & Health Needs

- CAS recognizes that some students may have medical conditions (such as diabetes, celiac disease, or other health-related needs) that require special dietary considerations.
- In such cases, parents must:
  - Provide medical documentation.
  - Inform the school clinic of the child's condition and specific food requirements.
- These students will be allowed to bring the foods they require, even if they are normally restricted under the general policy.
- All accommodations will be made while ensuring the student's safety, dignity, and inclusion in the school environment.

Parent's Signature: _____