



# المدرسة الآسيوية الدولية الخاصة

## ASIAN INTERNATIONAL (P) SCHOOL

AIS/ PARENTS/2025-26/67

20<sup>th</sup> February 2026

### CIRCULAR NO. 67

### ADVISORY TO PARENTS: MANDATORY COMPLIANCE WITH ADEK FOOD AND NUTRITION POLICY

Dear Parents,

Ramadan Kareem!

This is to inform you that for the Academic Year 2025–2026, Abu Dhabi Department of Education and Knowledge (ADEK) is strictly enforcing the Food and Nutrition Policy as outlined in the previously issued school Circular No. 48 – Implementation of Food & Nutrition Policy.

During the meeting held with ADEK on 19/02/2026 , the team emphasized the mandatory compliance requirements of the policy for all schools with immediate effect..

We kindly request all parents to carefully review the guidelines below and ensure full compliance in order to support the wellbeing, safety, and overall health of our students.

#### **Key Guidelines from ADEK**

##### **1. Implementation Deadline**

All schools must fully comply with the Food and Nutrition Policy on or before March 2026.

##### **2. Prohibited Food Items**

Students must not bring any red-listed food items as specified in Circular No.48.

##### **3. Requirements for Home-Packed Meals**

- Home-prepared food must be free from cross-contamination.
- Food must be packed in properly sealed, insulated lunch boxes.
- The interior lining of the lunch box must be smooth, waterproof, and easy to clean.

##### **4. Sharing of Food**

Sharing of food items among students is strictly prohibited.

##### **5. Handling of Red-Listed Items**

If a student is found carrying any red-listed food item, the following actions will be taken:

- The item will be collected by the school, and
- The parent will be required to replace it immediately.



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### 6. Non-Compliance Procedure

Failure to follow the policy will be addressed in three levels:

- Level 1: Email notification to the parent
- Level 2: Meeting with the Cycle Level Head
- Level 3: Referral to the Child Protection Officer and reporting to ADEK

### 7. Nutritional Requirements for Lunch Boxes

Each lunch box must include a balanced meal consisting of:

- 25% whole grains
- 50% fruits and vegetables
- 25% protein, including 3% calcium-rich food

Additionally:

- Food temperature must be maintained between 5°C and 60°C.
- Food should not be kept for more than four hours after heating.

For further queries regarding adherence to the ADEK Health and Nutrition Policy, parents may contact the ADEK Healthy Chatbot directly using the link below:

<https://chat.adek.gov.ae/>

We appreciate your cooperation and commitment to maintaining a healthy school environment. Together, we can ensure the wellbeing and safety of all our students.

Thank you for your continued support.

With Best Regards,



**ANZAR ABDUL SALAM**  
PRINCIPAL



AY: 2025 - 2026