Guide of Health and Nutritional Practices of

School Canteens

By: Dubai Municipality - Dubai Health Authority
Guide of Health and Nutritional Practices of School Canteens
Index

Introduction ...................................................................................................................... 5
Part I: Requirements to Ensure Food Safety and Hygiene in School Canteens .......... 7
General Requirements based on classification of Canteens .................................... 8
Hygiene Requirements for Personnel Working in the Canteen .................................... 12
Food Safety Management ............................................................................................... 13
Responding to Suspected Food borne Illnesses ............................................................... 13
Part II Nutrition Principles for Schools ........................................................................... 19
Part III Nutritional Guidelines for Schools ..................................................................... 27
Food is indispensable to all human beings but very often we come across illnesses attributed to over or under consumption of food or the lack of a healthy diet. Therefore, most of our health problems can be prevented by following a healthy diet. We have seen in the past two decades there has been a significant change in the dietary habits of people living in Dubai. There has been a shift from traditional diet that is healthier and well balanced to a diet that has poor nutritional qualities. This change can be attributed to the busy life style and increased preference to eating out. Most often, we depend on highly processed convenient foods and foods that are high in calories and low in nutritional value.

Children are the most affected in this shift of dietary pattern. Over the years they have developed a preference for foods that are more tasty and enjoyable but loaded with calories and therefore less healthy. Recent surveys have indicated that more than one third of school children are either overweight or obese. These children are more likely to have risk factors associated with chronic diseases such as high blood pressure, high cholesterol and diabetes. The reduction in physical activity among children has further increased the risk of acquiring such diseases. The crisis of poor diet thus threatens the future of our children. Since most children consume half their daily calories at school, strengthening nutritional standards is an important step to combat childhood obesity and to improve the health and wellbeing of these children.

The Food Control Department of Dubai Municipality and the Dubai Health Authority have published this guidance manual to improve the nutritional standard of food served or sold in schools. The proposed requirements for food supplied in schools aim to raise standards and will make critical changes to schools meals and help improve the health and nutrition of school children. This guideline depends on the best international science based practices, in addition to the local expertise of Dubai Municipality and Dubai Health Authority in this area.
This guideline is composed of three parts; the first part is entitled as **requirements to ensure food safety and hygiene** in school canteens. It includes hygiene requirements for the production of safe food which should be provided in school canteens and schools’ food supplying facilities as well as providing necessary instructions to ensure the safety of food during handling, cooking, transporting, displaying and selling.

The second part includes the guidance to assure healthy food in schools. It contains the basic facts related to healthy food and nutritional needs required by different age groups in schools.

The third part is titled as “Nutritional Guidelines for Schools” contains examples of a variety of school meals.

This guideline aims to achieve healthy and safe food in schools and promote it among school communities.
Part 1

Requirements to Ensure Food Safety and Hygiene in School Canteens
**Part I: Requirements to Ensure Food Safety and Hygiene in School Canteens**

**A. General Requirements based on classification of Canteens**

Canteens vary in terms of capacity depending on the number of students who eat from there, type of food offered and the type of activities such as preparation, cooking, storage etc. Canteens should adhere to all the regulations of Dubai Municipality during all stages of production, storage, distribution and sale of food. In terms of facilities required, the canteens are classified into two main categories in this document:

- **Canteens that distribute or sell food but are not involved in preparation**
- **Canteens that prepare and sell foods**

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**1- Requirements for canteens that distribute or sell food but are not involved in preparation**

These regulations apply to schools canteens that sell or distribute approved prepackaged foods without any kind of preparation on site. The foods in such cases would be provided by an external supplier who has the license to operate a food business in Dubai with special permission to distribute the food to the schools.

(a) Prepackaged food items should be obtained from establishments approved by the Food Control Department of Dubai Municipality. The schools representative should periodically visit the facility and ensure that food products are produced, stored and transported safely.

(b) Canteens should be located in an area suitable for food premises. The facility should be away from school toilets or any other areas that could affect the safety and quality of food. The location, layout, design and construction of food premises shall permit adequate maintenance, cleaning and/or disinfection.
(c) To the extent that is practicable, the facility should be designed to
- exclude dirt, dust, fumes, smoke and other contaminants;
- prevent the entry and harborage of pests
- provide a safe environment for workers and customers.

(d) There should be adequate work space for food preparation, food storage, storage of equipment / utensils, installation of sanitary fitments and cleaning facilities. The workflow and equipment placement should be in a way that prevents contamination.

(e) In rooms or areas where food is prepared, treated or processed, the design and layout shall permit good food hygiene practices including protection against contamination between and during operations.

(f) Incompatible areas or processes, particularly toilets, clean-up and chemical storage areas should be physically separated from food preparation/processing areas.

(g) Floor surfaces are to be maintained in a sound condition and be easy to clean and, where necessary, to disinfect. Floor surfaces shall be made of light coloured, non-absorbent, non-slip, washable and non-toxic material which allow adequate cleaning and surface drainage. Where appropriate, floor to wall joints must be coved and floors should slope sufficiently for liquids to drain to trapped outlets.

(h) Wall surfaces and partitions shall be made of non-absorbent, sealed, washable, non-toxic and light coloured materials. They require a smooth surface up to a height appropriate for the operations.

(i) Ceilings, or where there are no ceilings, the interior surface of the roof, and overhead fixtures shall be constructed and finished to facilitate cleaning and prevent the accumulation of dirt and to reduce condensation, the growth of undesirable mould and the shedding of particles.

(j) Food premises shall be provided with adequate natural or mechanical ventilation to maintain comfortable working condition. A room temperature of 25°C or less should be maintained.

(k) Food premises shall be supplied with sufficient natural or artificial light to ensure the safe and sanitary production of food, and facilitate cleaning of the premises. Lighting and lighting fixtures should be designed to prevent accumulation of dirt and be easily cleanable.

(l) Cleaning agents and disinfectants shall not be stored in areas where food is handled. Toxic chemicals and cleaning compounds, sanitizing or disinfecting agents and pesticides shall be identified, held and stored away from food in a manner that protects against contamination of food, food-contact surfaces, or food packaging materials.
(m) Working surfaces (including surfaces of equipments) in areas where foods are handled, and in particular those in contact with food, shall be made of smooth, washable, corrosion-resistant and non-toxic materials. They shall be maintained in a sound condition, durable and be easy to clean and disinfect.

(n) Table tops and shelves used for food storage should be made of stainless steel. Storage shelves should be located at least 15 cms above the floor.

(o) All containers other than single use (disposable) containers and packaging materials which come into direct contact with food shall be:
   - Made of materials with no toxic effect in intended food use.
   - Effectively cleaned and, where necessary, disinfected.

(p) When necessary, provide suitable temperature and humidity -controlled handling and storage conditions of sufficient capacity for maintaining foodstuffs at appropriate temperatures and designed to allow those temperatures to be monitored and, where necessary, recorded.

(q) There should be facilities to store and display cold foods at a temperature below 5°C and frozen foods below -18°C. Hot foods should be stored or displayed at a temperature above 60°C. Dry foods should be stored properly and protected from moisture increase.

(r) When pre-prepared or packaged ready to eat foods are delivered at the facility, the delivery vehicle and the food temperature should be checked. Delivery vehicle should be a designated food transportation vehicle that has the relevant permit to transport food. Cold foods should be delivered at a temperature below 5°C and hot foods should be delivered at a temperature above 60°C.

(s) At least one stainless steel handwash station shall be provided in each food preparation area and the stations shall be provided with running water, soap, and facility for hygienic hand drying. Where necessary, more hand wash stations shall be provided depending on the size of the operation, suitably located and designated for cleaning hands.

(t) If fruits or vegetables are washed in the facility, separate stainless steel sinks should be provided.

(u) Pest control activities should be contracted to a company licensed and authorized to do pest control operations.

(v) Canteens should have food dispensing windows suitable to the number of children and the windows should be of appropriate height.

(w) Canteen rooms should not be used for any other activities.
2 - Canteens that prepare and sell or distribute food items
These canteens are allowed to prepare certain types of foods on site. They may have a full fledged kitchen and dining area. In addition to the requirements mentioned in Section 1.1, the following additional requirements have to be met.

(a) The layout of the canteen including the kitchen and the dining area should be approved by the Food Control Department of Dubai Municipality.

(b) In rooms or areas where food is prepared, treated or processed, the design and layout shall permit good food hygiene practices, including protection against contamination between and during operations.

(c) Working surfaces (including surfaces of equipment) in areas where foods are handled, and in particular those in contact with food, shall be made of smooth, washable, corrosion-resistant and non-toxic materials. They shall be maintained in a sound condition, durable and be easy to clean and disinfect.

(d) There should be adequate work space for food preparation, food storage, storage of equipment / utensils, installation of sanitary fitments, and cleaning facilities. Separation should be provided by partition, location, time or other effective means, between those operations which may cause cross contamination;

(e) Drainage facilities shall be of adequate size and design and appropriately installed and maintained for the intended purposes to avoid the risk of contamination of food. Overhead lines carrying contaminated or hazardous materials, such as sewer or floor drain lines, shall be located sufficiently distant from any product or product contact surfaces to prevent any risk of contamination.
(f) Dressing and changing areas shall be provided if workers routinely change their clothes in the food premises.

(g) Equipments and utensils made of soft wood should not be used in the food areas.

(h) The serving area (dining hall) should be adequate and sufficient for both clients and handlers. Its walls should be easy to clean, non-absorbent, fire-resistant, light-colored and should not have cracks.

(i) If raw animal foods are handled, separate preparation area(s) with separate stainless steel washing basins for vegetables, fish, meat and poultry in addition to a large basin for washing utensils.

(j) Grease traps are prohibited inside the preparation areas (kitchen).

(k) Storage areas should be suitable for the amount of food stored. They should be well ventilated and provided with sufficient natural or artificial lightening.

(l) The water should be potable and the supply used should be approved by Food Control Department. Water filter should be fixed on the main inlet source and a water tank cleaning and disinfection should be done by an approved cleaning company.

(m) There should be sufficient facilities for washing utensils, large equipment and tools separately from area of preparation. This area should include stainless steel receiving table, washing basins equipped with hot and cold water and adequate stainless steel shelves for drying and storage.

(n) Kitchen and dining hall should be equipped with electric fly killers or glue traps. Fly killers should not be placed directly above areas where food is handled or stored.

B. Hygiene Requirements for Personnel Working in the Canteen

(a) Each canteen should have at least one person in charge trained and certified as the Person in Charge (PIC). This person should be formally trained and certified.

(b) The number of food handlers in the canteens should be proportionate to the size of the canteen, and the presence of any unauthorized person inside the canteens is strictly not allowed.

(c) Food handlers shall be medically fit to work as food handlers. They must be in possession of a valid food handler’s occupational health card issued by the Dubai Municipality.

(d) Person suffering from, or being a carrier of, a disease that is likely to be transmitted through food or afflicted, for example, with infected wounds, skin infections, sores, or suffering from symptoms such as vomiting or diarrhea is
not to be permitted to handle food or enter any food-handling area in any capacity if there is any likelihood of direct or indirect contamination of the food

(e) Food handlers shall maintain a high degree of personal cleanliness, wash hands thoroughly whenever cleanliness may affect food safety and shall, where necessary, wear suitable, clean protective clothing such as clean uniforms, hair nets and shoes

(f) All food handlers in canteens should successfully complete basic food hygiene training.

C. Food Safety Management
In addition to the previous requirements of canteen and food handling, the following practices should be implemented to complete the control role, while ensuring that the system is suitable:
- The person in charge should always monitor food safety activities and effectively manage food safety issues
- The Food Control Department performs regular inspection on canteens to evaluate safety status of canteens. The PIC should follow the recommendation of the Food Inspection Officer

D. Responding to Suspected Food borne Illnesses
(a) Identify in advance the persons assigned to follow up cases of food poisoning.

(b) Develop written procedures to help the institution detect cases of food poisoning. These procedures should be validated by the person in charge and should include the following:
- Record the case in a special form which should include information about the sick person and the symptoms
- Ensure there are no other cases have been missed out among students
- Recall suspected food and store in such a way that it maintains its specifications.
- Inform the related health authorities if more than one case of illness were suspected after consuming the same food.
- Transfer the affected person to medical centers for tests and treatment.
- Follow up the situation and record the results.

The procedure chart is as follows:
existence of one or more suspected case

School Person in charge

Diagnose through symptoms

Food poisoning symptoms

- Follow approved hygiene practices

Inform Food Control Department

Inspect the canteen and take corrective actions

Food poisoning symptoms

Yes

Take the corrective actions and inform the Person in Charge

Follow up the application of the corrective actions with the responsible officer in the school

Close the case

No

No

Food Health Officer-DM

- Fill up the poisoning form
- Direct cases to doctor for cure and specification of reasons

Inform Food Control Department

Close the case and inform the Person in Charge

School person in Charge
FOODBORNE ILLNESS INVESTIGATION CASE REPORT FORM - SCHOOLS
(To be filled by the School Authorities)

1) Report

<table>
<thead>
<tr>
<th>Date:</th>
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<tbody>
<tr>
<td>Establishment:</td>
<td></td>
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<tr>
<td>Contact Number(s):</td>
<td></td>
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<tr>
<td>Complaint Received By:</td>
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</table>

2) Complainant

<table>
<thead>
<tr>
<th>Name:</th>
<th></th>
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<tbody>
<tr>
<td>I. D. Number and Type</td>
<td></td>
</tr>
<tr>
<td>Sex</td>
<td></td>
</tr>
<tr>
<td>City:</td>
<td></td>
</tr>
<tr>
<td>Contact Number(s):</td>
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</tbody>
</table>

3) ILLNESS INFORMATION

<table>
<thead>
<tr>
<th>Date Person Became Ill</th>
<th>Date: / /</th>
<th>Time: □ AM □ PM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time Of Attendance To The Clinic</td>
<td>Date: / /</td>
<td>Time: □ AM □ PM</td>
</tr>
<tr>
<td>Time Of Hospitalization (if applicable)</td>
<td>Date: / /</td>
<td>Time: □ AM □ PM</td>
</tr>
</tbody>
</table>

4) Symptoms:

- □ Diarrhea
- □ Vomiting
- □ Nausea
- □ Abdominal cramps
- □ Fever
- □ Bloody stool
- □ Headache
- □ Muscle aches
- □ Chills
- □ Loss of appetite
- □ Fatigue
- □ Dizziness
- □ Other symptoms

5) Description of the course of Illness:

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6) Meal History for Three Days

<table>
<thead>
<tr>
<th>Day &amp; Date</th>
<th>AM</th>
<th>Place of Dining (at home / outside)</th>
<th>PM</th>
<th>Place of Dining (at home / outside)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Time</td>
<td>Food</td>
<td>Time</td>
<td>Food</td>
</tr>
<tr>
<td>Day 1 Date</td>
<td></td>
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<tr>
<td>Day 2 Date</td>
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<tr>
<td>Day 3 Date</td>
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<tr>
<td>Suspected Food/s:</td>
<td></td>
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</table>

7) List of Persons ate the suspected meal

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Name</th>
<th>Age</th>
<th>Sex</th>
<th>Nationality</th>
<th>Ill</th>
<th>Well</th>
<th>Contact Numbers</th>
</tr>
</thead>
<tbody>
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</tbody>
</table>
8) Final Diagnosis from the Doctor (if available):
A. ☐ Suspected food poisoning: (Clinical case)
B. ☐ Confirmed food poisoning: (By Laboratory)
C. ☐ Other:

Signature of the complainant .................................................................

9) Conclusion (To Be filled by the Food Control Department)
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Part II

Nutrition Principles for Schools
Healthy Food
Healthy food is defined as a balanced diet that contains all the nutrients necessary for the body. Therefore, diversity in food is essential because there is no specific type of food that contains all the nutrients needed. There are five major groups namely (cereals and their products, vegetables, fruits, meat and poultry and their products and dairy products).

MyPlate
We have adopted the ‘Myplate’ model proposed by the United States Department for Agriculture (USDA) for making food choices. MyPlate offers a visual reminder to make healthy food choices when you choose your meal. Nutrition experts in the United States replaced the old Food Pyramid model with the ‘Myplate’ model after intensive studies of nutritional behavior of people. Myplate is less complicated compared to the Food Pyramid and thus would draw more attention of public. MyPlate can help prioritize food choices by reminding us to make half of our plate fruits and vegetables and shows us the other important food groups for a well-balanced meal: whole grains, lean proteins, and low fat dairy.
Myplate is a plate divided into four colored parts, each color represents the following:

- **Red-quarter is for fruit**: includes fresh or canned or dried fruit, or natural juices.
- **Green quarter is for vegetables**: such as raw, cooked, fresh, canned and dried vegetables.
- **Orange quarter is for cereals (starch)**: includes any food made from any of the following cereals (wheat, rice, oats, corn, barley) or pasta, breakfast cereals, groats or freekeh.
- **Violet quarter is for protein**: meat, poultry, pulses such as peas, seafood, eggs, soy products, nuts and seeds.
- **An added blue circle next to the plate**: represents dairy products, which includes milk and its products such as yogurt and cheese preferably low-fat or free of it.

The Food Guide attached with Myplate contains recommendations to the public in addition to some recommendations for special groups of people such as pregnant women. More details can be found at www.choosemyplate.gov.

These recommendations represent the main issue for a healthy life full of vigor and vitality, which reflect the overall pattern of healthy food intake that must be followed by individuals. Some of these recommendations are:

**First: Recommendations for balancing of calories**
1. Enjoy food, but eat small portions.
2. Avoid meals of large sizes such as double or large meals in restaurants.

**Second: Recommendations of foods that should be taken more often and in increased amounts**
1. Make half your plate from fruits and vegetables.
2. Make half the amount of carbohydrates as whole grain.
3. Use fat free or low-fat dairy products.
Third: General recommendations
1 - Take unsalted or low salt and low sodium foods.
2 - Drinks plain water instead of drinks containing sugar.

Table (1): Food groups’ advices

<table>
<thead>
<tr>
<th>Grains Group</th>
<th>Vegetables Group</th>
<th>Fruits Group</th>
<th>Dairy group</th>
<th>Protein group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Make at least half your grains whole.</td>
<td>Take variety of vegetable</td>
<td>Focus on fruits</td>
<td>Take rich in calcium food</td>
<td>Choose non fatty protein foods</td>
</tr>
</tbody>
</table>

MyPlate does not consider weighing of food because it merely represents a guide for those who want to improve their eating behavior and doesn’t direct or lead them; this do not tell people what should they eat, but guide them to make right choice, taking into account the daily physical activity and individual needs of people whereby increasing the efficiency of the system.

To know more about MyPlate, kindly visit the following: [http://www.choosemyplate.gov](http://www.choosemyplate.gov)
Components of the school lunch box
The school food bag should consist of five groups of nutrients which are (cereals and their products, vegetables, fruits, meat and poultry and their products, dairy products).

<table>
<thead>
<tr>
<th>Complex carbohydrates</th>
<th>ensure to eat whole cereals such as wheat (brown bread, corn, barley, bulgur wheat).</th>
</tr>
</thead>
</table>
| Vegetables            | Be sure to:  
|                       | • Eat dark green vegetables like spinach, radish, celery, parsley and other from this group.  
|                       | • Eat vegetables with orange color like carrots and orange pepper. |
| Fruits                | • be sure to have diversity in taking fruits.  
|                       | • take whole fruit instead of juice.  
|                       | • Avoid artificially sweetened juices. |
| Dairy products        | Choose low fat or fat free dairy products. |
| Meat and cereals      | Be sure to eat: Meat, poultry, fish, after removing the fat and skin.  
|                       | • Use the following cooking methods:  
|                       | • boiling or grilling or using oven.  
|                       | • Eat cereals such as lentils, beans, white beans and beans as the main alternative of the meat group. |
1- Breakfast meal / kindergarten level

| Choose a meal | (1/2) a cup of breakfast cereals (corn flakes, rice and oats). + milk  
Or + of small size sandwiches (cheese, egg) |
<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>Fruits</td>
<td>+ (1/2) a cup of fruit salads or 120 ml of juice</td>
</tr>
</tbody>
</table>
| Snacks in the second break | Custer or rice with milk or yogurt with fruit  
+ 250 ml of water. |
| Water         | 250 ml of water. |

2 - Breakfast meal / elementary level

| Choose a meal | Either small sandwiches (cheese, egg) + milk  
with banana cocktail or other flavors |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits</td>
<td>+ (1/2) a cup of fruit salads or 120 ml of juice</td>
</tr>
</tbody>
</table>
| Snacks in the second break | Medium-sized pie, or biscuits with dates or other  
+ 250 ml water |
| Water         | 250 ml water |
3 - Breakfast meal / Middle levels

<table>
<thead>
<tr>
<th>Choose a meal</th>
<th>Middle size sandwiches (cheese, egg, chicken and others) or falafel sandwich with vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits</td>
<td>+ (1/2) a cup of fruit salads or 120 ml of juice</td>
</tr>
<tr>
<td>Snacks</td>
<td>Biscuits or doughnut or middle size pies + milk with strawberry or other flavors or milk with rice or pudding + 250 ml water</td>
</tr>
<tr>
<td>Water</td>
<td>250 ml water</td>
</tr>
</tbody>
</table>

4 - Breakfast meal / secondary level

<table>
<thead>
<tr>
<th>Choose a meal</th>
<th>Big size sandwiches (cheese, egg, chicken and others) or falafel sandwich with vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits</td>
<td>+ (1/2) a cup of fruit salads or 120 ml of juice</td>
</tr>
<tr>
<td>Small meal</td>
<td>Biscuits or doughnut or middle size pies + milk with strawberry or other flavors or milk with rice or pudding + 250 ml water</td>
</tr>
<tr>
<td>Water</td>
<td>250 ml water</td>
</tr>
</tbody>
</table>
Part III

Nutritional Guidelines for Schools
A. Objectives
The objectives of this guideline are to:
- Encourage the development of healthy eating habits among school children
- Provide a wide range of options for healthy food and drinks in schools
- Enhance the intake of nutritious and well balanced diet among students

The program will also help the students apply what they learned at school about health, food and nutrition.

B. Foods that are allowed in School Canteens

1. Biscuits and sweets:
   - It is recommended to provide dates in small packages or along with biscuits
   - If the biscuit or wafers include chocolate, the biscuit part must be predominant.
   - Sweets shouldn’t be in the form of toys or with sharp geometric shapes.

2. Juices:
   All juices and nectars should comply with the General Standard for fruit juices and Nectars GSO 1820/2007.

3. Dairy products:
   - Pasteurized or long life milk prepared from fresh milk.
   - Milk with natural flavors such as chocolate and strawberry.
   - Yogurt drink.
   - Yogurt and yogurt with natural fruits.

These products should comply to the following requirements:
- The shelf life shouldn’t exceed two third of the product's total shelf life and the shelf life should be clearly indicated on the product label.
- Packed in plastic or cardboard packages according to the specifications and standards in Dubai.
- It is recommended that all these products have low-fat content.
- Natural flavors and fruits are allowed.
4. Group of meat, fish, poultry and pulses:
   - Should be free of fats (or low) and skinless.
   - Lentils and pulses can replace meat in soups.
   - Vegetarian meals, such as falafel sandwich or vegetable sandwich with the addition of leafy vegetables, may be displayed. This can also be served as the lunch meal for vegetarians.

5. Group of carbohydrates and their products:
   - It is recommended that all types of bread are made from wheat or whole grains.
   - Percentage of added sugar shouldn’t exceed 6 g / 100 g.

Note: there should be a variety in the displayed carbohydrates, such as displaying different types of pastries and baked pies, Arabic bread and sliced bread.

6. Group of fruits and vegetables:

   **Fruits:**
   - The canteen should offer 3 types of fresh seasonal fruits daily (chilled).
   - It is recommended to offer yogurt with fruits.
   - Fruits salads must be stored chilled and sold at a reasonable price

   **Vegetables:**
   - Green and colored leafy vegetables should be sold. If served cooked, the vegetables should preferably be boiled or grilled or cooked using light vegetable oil.
   - Green salads should be provided at all times. The content of salt and oil and other additives, such as sauces and mayonnaise, should be minimised.
   - Cereals and vegetables should be added to soups in small amounts. Synthetic colorants and additives, such as Monosodium glutamate, shouldn’t be added at all.
   - The addition of soup concentrates to soups must be minimized.
7. Bottled water:
- Prepackaged (bottled) water approved by Dubai Municipality will be allowed in school canteens. The bottle should be of appropriate shape and size so that students can handle them easily.
- Water offered to students should be increased especially in the summer to encourage water intake to offset fluid loss.

C. Prohibited Food Items in School Canteens
- All kinds of soft drinks.
- Energy drinks.
- All types of fruit drinks.
- Milk and yogurt with synthetic flavors.
- All types of chewing gum and candies.
- Bofak (special type of Chips).
- Sweets composed of excessive sugar and colorants.
- Plane chocolate.
- Food items containing monosodium glutamate.
- High-fat food.
- Chips.

Fourth: Special dietary needs
Cases of some students may require special meals for medical reasons and therefore school canteens should provide these meals where possible so that all children enjoy a healthy and suitable meal during school hours.

Cases that need special dietary needs may include diabetes, celiac disease and hypersensitive allergy to certain types of foods.
The following chart illustrates the path of health and control procedures to be followed to provide healthy and safe food for the student:

1. Providing healthy and safe food for students
   - Approving school canteens/restaurants complying to requirements
     - Approving food list and meals and preview continuously
       - Approving food suppliers and food lists
         - Dandling of food in the canteen/restaurant according to approved requirements
           - Canteen regular inspection and evaluation
             - Deciding and applying decisions pertaining to violations

2. Dubai Municipality
3. School healthy nutrition team
4. Dubai Municipality
5. School canteen Person in Charge
6. Dubai Municipality
7. School canteen Person in Charge
8. School healthy nutrition team

Guide of Health and Nutritional Practices of School Canteens 31
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Our Vision

Creating an Excellent City that Provides the Essence of Success and Comfort of Living

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