



KIES Healthy Food, Healthy Mind Policy- January 2026

1. Purpose

Kuwait International English School recognises that healthy eating is vital for students' physical health, wellbeing, learning capacity, behaviour, and long-term lifestyle habits. This policy sets out our commitment to promote, provide and support nutritious food and beverage choices throughout the school community in line with national regulations and international best practice. [Kuwait Times](#)

2. Policy Aims

This policy aims to:

1. Promote healthy eating habits among **students, staff and parents/guardians**.
 2. Ensure that **food and beverages offered or sold on campus** meet national nutritional and safety standards.
 3. Educate students on balanced nutrition, positive food choices and overall wellbeing.
 4. Create a school environment that supports healthy eating and hydration.
 5. Align with the **Public Authority for Food and Nutrition (PAFN)** and Ministry of Health regulations governing school canteens and food services in Kuwait. [Kuwait Times](#)
-

3. Guiding Principles

3.1 National Compliance

All food and beverage provision in KIES will comply with **PAFN / Ministry of Health nutrition standards** which:

- Ban high-fat, high-sugar, high-salt and artificially coloured products in school environments.
 - Require that meals include essential food groups, meet calorie guidelines appropriate for age groups, and focus on nutritive value.
 - Prohibit unhealthy food items such as soft drinks, energy drinks, processed meats, certain sauces and snacks that contribute to obesity and chronic disease.
 - Include inspection and licensing requirements for all food suppliers and cafeteria operators.
- Violations of these regulations carry **penalties and corrective action requirements** under national law. [Kuwait Times+1](#)



KIES Healthy Food, Healthy Mind Policy- January 2026

4. Healthy Food Environment

4.1 School Canteen Standards

- Food served or sold in the canteen must align with the approved national list of healthy foods (e.g., balanced hot meals, fresh fruits, vegetables, whole grains, lean proteins).
- Foods and beverages high in sugar, salt, trans fats, energy drinks, and other prohibited products are **not permitted**.
- Canteen operators must hold appropriate health permits, adhere to hygiene standards, and comply with regular inspections as required by PAFN. [Kuwait Times](#)

4.2 Packed Lunch & Snacks Guidelines

Parents and students are encouraged to:

- Include a variety of **fresh fruits, vegetables, whole-grain options, lean proteins and dairy or alternatives** in lunchboxes.
- Avoid sugary snacks, sweetened drinks, chips, candies, and deep-fried foods.
- Choose water as the **primary drink option** throughout the school day.
- Support allergy-safe and culturally appropriate food choices for all students.

4.3 Hydration and Safe Drinking Water

Clean, cool drinking water will be freely available throughout the school. Students are encouraged to refill bottles and prioritise water over packaged sugary drinks.

5. Nutrition Education & Curriculum

KIES will integrate nutrition understanding and healthy lifestyle education into the curriculum by:

- Embedding nutrition topics in relevant subjects (science, PSHE, health modules).
 - Offering workshops, seminars and campaigns for students and parents on balanced eating.
 - Encouraging students to develop skills in choosing healthy foods and understanding food labels.
-



KIES Healthy Food, Healthy Mind Policy- January 2026

6. Food-Related Events and Rewards

- School celebrations and events should prioritise **healthy options** (e.g., fruit platters, vegetable trays).
 - Non-food rewards (e.g., certificates, books, privileges) are encouraged over food rewards to reinforce positive behaviour.
-

7. Roles and Responsibilities

- **School Leadership** will support and enforce this policy and ensure alignment with national regulations.
 - **Canteen Staff and Suppliers** must comply with health, hygiene and nutrition standards at all times.
 - **Teachers and Support Staff** are expected to model healthy eating behaviours.
 - **Parents/Guardians** are encouraged to reinforce healthy habits and support the policy in packed lunches and snacks.
-

8. Monitoring, Review and Compliance

This policy will be reviewed annually to ensure compliance with updated national regulations and school needs. Regular audits of canteen food provision and lunchbox contents may be conducted to monitor adherence and evaluate effectiveness.

9. Supporting National Health Goals

This policy supports Kuwait's broader strategy to reduce childhood obesity, prevent chronic diseases, and improve lifelong health outcomes through nutritious food environments in education settings. [Kuwait Times](#)