



أكاديمية الكون العالمية Global Academy International

(فرع الريان الجديد - Al Rayyan Branch)

Food Policy

Date: 10/9/2026

Dear Parents,

We kindly ask you to pay careful attention to preparing the lunches your children bring from home, ensuring that they are **healthy, nutritious, and balanced**.

We also ask you to make sure that your child has a **nutritious breakfast** before coming to school and brings a **morning snack** in a lunch box clearly labeled with their name and class information.

To contribute to promoting your child's health and well-being, we recommend including the following items in the lunch box:

- **Fruits and vegetables**
- **Carbohydrates** (such as bread, pasta, and rice)
- **Proteins** (such as cheese)
- **Milk or dairy products**
- **Healthy drinks** (water or fresh unsweetened juice)

In order to support a healthy learning environment and encourage healthy eating habits, we kindly ask you **not to include the following items** in your child's lunch:

- Potato chips
- Chocolate-covered or chocolate-filled biscuits
- Pretzel sticks, popcorn, or snacks that are high in fat and salt
- French fries
- Sandwiches filled with chocolate or hazelnut spread
- Soft drinks or sweetened beverages
- Chocolate bars or any type of sweets
- Glass containers or glass bottles
- Nuts or products containing nuts (such as peanut butter)

We greatly appreciate your cooperation in following these guidelines, as they contribute to the **health and development of our students**.

Thank you for your continued support in promoting a **healthy and encouraging environment for our children**.

