

US Ties Discussed



Foreign Minister Dr Abdullatif bin Rashid Al Zayani met US Ambassador to Bahrain Stephanie Hallett at the Foreign Ministry to discuss bilateral ties, regional developments and maritime security. The meeting covered efforts to safeguard navigation in the Strait of Hormuz and Bab Al Mandab, as well as regional security and stability. They also discussed continued coordination during Bahrain's membership of the UN Security Council. Ambassador Hallett was accompanied by Ambassador Saeed Abdulkhaliq Saeed, Head of the Ministry's Coordination and Follow-up Sector.

Pakistan relations reviewed



Foreign Minister Dr Abdullatif bin Rashid Al Zayani also met Pakistan's Ambassador to Bahrain Saqib Rauf to discuss the longstanding friendship between the two countries. The meeting focused on expanding bilateral cooperation and advancing shared interests and aspirations. The officials from both sides also exchanged views on a number of issues of mutual interest. Ambassador Mohammed Rashid Al Suwaidi, Head of the Asian and Pacific Affairs Sector, attended the meeting.

Mangrove belt proposed behind Bahrain airport

Mohammad Darwish
TDT | Manama

A mangrove belt has been proposed for the lagoon behind Bahrain International Airport to protect the coast, create breeding grounds for marine life and birds, and add greenery between Qalali and Hidd.

Muharraq Municipal Council member Mohammed Al Moqahwi proposed planting mangroves in the lagoon, saying the site is well suited to support the marine environment.

He said mangroves provide nursery grounds for fish and crustaceans, shelter wildlife, absorb carbon dioxide, filter pollutants and help reduce coastal erosion caused by



Mohammed Al Moqahwi, Muharraq Municipal Council member



wind and currents.

The project would also improve the shoreline's appearance and give the area a more natural character, he said. The proposal was submitted under Municipalities Law No. 35 of 2001 as part of efforts to expand green schemes along Bahrain's coast.

It follows an earlier mangrove proposal by Al Moqahwi in Hidd. In 2023, Muharraq Municipal Council approved his request to establish a mangrove nature reserve in Block 102, modelled on the Arad Bay Protected Area.

That plan also proposed eventually linking the reserve with a waterfront development along Qalali coast overlooking the main Dry Dock Highway.

Bahrain prepares to host GCC Labour Ministers' meeting

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Labour and Legal Affairs Minister Yousuf bin Abdulhussain Khalaf met Mohammed bin Hassan Al Obeidli, Director-General of the Executive Office of the GCC Council of Ministers of Labour and Social Affairs.

The meeting reviewed preparations for Bahrain to host the 12th meeting of GCC Labour Ministers, as part of the Kingdom's presidency of the 46th



session of the Gulf Cooperation Council.

They also discussed strengthening cooperation and coordination in labour affairs and supporting joint GCC efforts in the field.

One dead, one injured in Al Fateh elevator shaft fall

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One person died and another was injured after two people fell into an elevator

shaft in a building in the Al Fateh area yesterday.

Civil Defence responded to the incident and carried

out the necessary rescue operations at the scene, while taking the required safety measures.

Diabetes conference opens

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Health experts from Bahrain and the region have gathered for the second Bahrain Diabetes and Obesity Conference, focusing on prevention, early detection and new approaches to chronic disease management.

Lieutenant General Dr Shaikh Mohammed bin Abdullah Al Khalifa, President of the Supreme Council of Health and Chairman of the Bahrain Diabetes Society, opened the two-day event, organised by the Bahrain Diabetes Society with Education Plus.

Dr Shaikh Mohammed high-



lighted Bahrain's focus on preventing diabetes and obesity through awareness, early detection and modern healthcare technologies.

The conference features sessions and workshops on child-

hood diabetes and obesity, precision medicine, AI, glucose monitoring, cardiovascular health, weight management and insulin pump technologies, with specialists from Bahrain, GCC countries and Jordan.

ASU, Housing Ministry sign MoU to boost cooperation

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Applied Science University (ASU) and the Ministry of Housing and Urban Planning have signed a memorandum of understanding (MoU) to strengthen cooperation in education, training, research and community service.

The agreement was signed on the sidelines of the Social Housing Innovation Conference and Exhibition 2026 by ASU President Professor Hatem Masri and Ministry Undersecretary Fatima Ibrahim Al Mannai.

ASU Board of Trustees Chairman Professor Waheeb Al Khaja said partnerships with govern-



ment institutions would help turn academic and research expertise into initiatives supporting national development.

Prof Masri said the agreement would connect academic knowledge with society's needs and create opportunities for collaboration and exper-

tise-sharing.

The MoU provides for joint programmes and initiatives, exchange of academic and professional expertise, and greater use of both sides' capabilities to develop national skills, promote innovation and support sustainability.

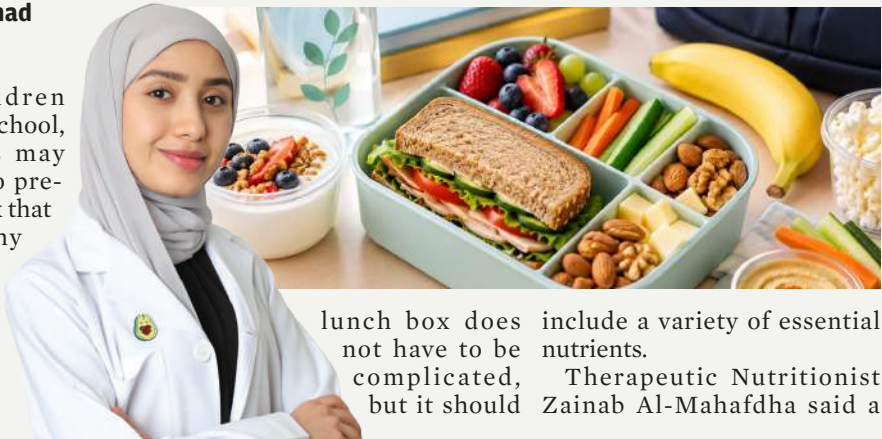
What does a healthy lunch box look like?

Balanced meals help children stay focused throughout the school day

Rehab Mohammad
TDT | Manama

With children back at school, many parents may wonder how to prepare a lunch box that is both healthy and enjoyable. A balanced

Zainab Al-Mahafdhah, Therapeutic Nutritionist



lunch box does not have to be complicated, but it should include a variety of essential nutrients. Therapeutic Nutritionist Zainab Al-Mahafdhah said a

healthy lunch box should include complex carbohydrates, protein and healthy fats, along with vitamins and minerals from fruits and vegetables. These nutrients provide children with the nourishment they need and help them stay focused throughout the school day.

What should a lunch box include?

Complex carbohydrates, such as wholemeal bread, are a good option. The lunch box should

also include protein sources and healthy fats, which are important for brain function and concentration.

Instead of sweets and chips, parents can offer healthier choices such as popcorn, corn, rice cakes, oatmeal biscuits, or hummus with cucumber and carrot sticks. Fruits can also be included as healthy snacks.

Suitable drinks include milk, laban or water, while pieces of fruit can also be included as part of the meal.

Foods to avoid or limit

Parents are advised to avoid or limit fried foods and processed meats such as sausages, as well as pastries and pies. Sugary foods, sweets and packaged juices should also be limited.

A healthy lunch box can be simple and varied. Choosing balanced ingredients can help children get the nutrients they need while supporting their focus and energy throughout the school day.