



Food Policy

Policy

If we work together we can foster as a community, values about good health and nutrition while also increasing the children's awareness about protecting our environment in as many ways as possible. Rudolf Steiner believed strongly that the food we eat affects not only our physical body but our mental and spiritual well being also. For this reason we ask all parents to pack healthy lunches for school.

The parents are asked to provide an adequate amount of healthy food for school daily. The children need to bring food for Morning Tea and Lunch. Some classes also have a mid morning snack time. Your class teacher should advise you if this is happening in their class. Friday incorporates a mid morning snack time for all classes.

Guidelines

The following types of food are acceptable to bring to school:

Morning Tea

Fruit, cheese, vegetable sticks with hommus or other dips, fruit salad, rice, dried fruit, homemade popcorn, yoghurt, plain crackers, pretzels, rice crackers, pikelets, fruit or savoury scones, crispbread, rice/corn cakes/thins, muesli bars (no peanuts), fruit loaf, biscuits (not sweet), boiled eggs or **similar healthy snacks**.

Lunch

Salad, sandwiches, bread or rolls or pita or lavash with a variety of healthy fillings (cheese, meat, egg, salad), rice salad, pasta salad, pizza slices, corn on the cob, homemade vegetable bakes, loafs or pies, rice wraps, garlic or herb bread, toasted sandwich, any of the Morning Tea suggestions or **similar healthy foods**.

During the colder months we know the children like something warm to eat so they are permitted to bring a flask of hot food for lunch but the children must bring their own utensils (fork or spoon - **no KNIVES please**) as the kitchen is not available for their use.

Drinks

Water, or natural fruit juice.

The following types of food are NOT acceptable to bring to school:

Chips, sugary foods, sweets, **peanuts**, lollies, chewing or bubble gum, pre-packaged foods (including hot noodles in polystyrene cups and drink poppers), cakes and pastries, doughnuts, chocolate covered or creamed filled sweet biscuits. Hot takeaway foods such as chips and burgers etc. are not to be bought to school or dropped off by parents at lunchtime.

We also ask parents find alternatives to wrapping their children's food in plastic wrap or in plastic bags as these are a constant source of litter in our playground and contribute to creating a "throw away" attitude in our society. Instead we ask that food be placed in small washable re-useable containers or recyclable brown paper bags or other re-useable sandwich wraps etc. Children are asked to bring their drink in a washable re-useable drink bottle. Stainless-steel lunch containers may be able to be bought from China Town, Sydney – if this is your preference over plastic.

PEANUTS have been placed on the unacceptable list as we often have children attending the school that has an anaphylactic allergy to peanuts. This is a life threatening illness. Many foods contain traces of peanuts therefore we ask that children do not bring peanut butter, Nutella, peanut/nut muesli bars,

peanut/nut health bars, peanut/nut cakes, peanut muffins, nut meat and nut rissoles (made using peanuts), nut sauces (satay, peanut), etc. If your family eats one of these products for breakfast before coming to school we ask you to wash both your hands and your face thoroughly before coming to school, as even holding hands can cause a reaction.

Other nuts (Tree nuts) that have been packed separately from peanuts are acceptable as this is an important source of protein for vegetarian children. Children may bring small containers of separately packed tree nuts. Some food brands specify that there may be traces of "tree nuts" only.

A note may be sent home with the child if an unacceptable food is brought to school. If this continually happens the parents may be asked to attend an interview with the class teacher and/or Educational Coordinator regarding this matter.

Birthday Cakes

Our birthday food guidelines are to bring a fruit platter to share, no cake.

Food Share

Absolutely no food sharing among the children is permitted with the exception of special class meals. This is to ensure that children only eat what their parents permit them to eat and to protect the children from known or unknown allergies to food or food products. In exceptional circumstances the class teacher may supervise the sharing of food at their discretion and/or office staff may purchase lunch for a child and collect a reimbursement from parents/guardians. Teachers are to remind the children of this.

Cooking

At times teachers cook and prepare food with their class as part of their program. Teachers are to notify parents of class activities involving food.

Friday Fares

Friday Fares are sometimes run by classes, usually with assistance from PA and/or class parents. PA/Parents request two weeks notice from class teachers of their classes fare date. There are approximately four Friday Fares per term (one run by each composite group and Kindy). They may provide an opportunity for students to show leadership and organisational skills, be more immersed in a theme from a main lesson subject or involved in fundraising (this could be for a class camp or other cause) and to understand more about healthy food.

Our focus on healthy food, according to this policy applies. In addition food containing preservatives should be avoided, if containing preservatives these should be listed, ingredients also listed, no peanuts.

When children forget to bring money or parents forget to pack money for Friday Fare this can be the source of great disappointment. Friday Fare is always priced at a minimal rate and contributes to a whole school community atmosphere. Our policy is to allow the child (who states clearly that their parent "just forgot") one serving with an IOU to the School for parents/guardians to pay later. This has regularly been appreciated by parents/guardians. Care should be taken that those serving on stalls do not sell more than **one serving** with an IOU and that individual student health plans are adhered to.

Parents/guardians should inform the School in writing if they would not be in agreement for the arrangement above in regard to their child.

School picnics, festivals, pizza nights, Culture Days, Open Days, Class 6 Farewells dinners etc

This food policy also applies, including no peanuts. The emphasis should be on healthy food. Note that some of these events may include cake stalls, desserts etc. For Open Day, PA encourage parents who are able, to consider baking some cakes for special dietary requirements. Any class events involving food should take into account health plan needs.