

Blue Mountains Steiner School

Policies and Procedures



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.

In keeping with our school ethos of health for body, mind and spirit, we ask that students bring healthy food to school for:

Snack (9.45am), Morning Tea (11 am), Lunch (1pm).

- All students are to bring a **(non- glass) water bottle every day.**
- We encourage 'nude food' (ie no packaging) as much as possible.
- Please limit pre-packaged food; any food of this kind should be healthy (eg no flavoured chips).
- No glass (eg bottled juice) or packaged juice
- The school encourages healthy, wholesome and homemade foods.

Food Suggestions:

- **Snack:** raw fruit or vegetables
- **Morning Tea:** Fruit, vegetable sticks with hommus or other dips, plain crackers, cheese, salad, rice, homemade popcorn, yoghurt (preferably not pre-packaged), biscuits (not sweet), boiled eggs.
- **Lunch:** Sandwich/rolls/ wraps with healthy fillings, salads, vegetable bakes, corn on the cob. A thermos with pasta, soup or stews in the colder months is great (nothing requiring heating or the addition of hot water please).
- Please do not send in sugary foods, such as chocolate, biscuits or icing.

Breakfast is an important start to the day, to help your child to maintain their focus and energy for learning.

Nuts are permitted in Classes 1-6. If a child with anaphylaxis toward a certain food is attending, the class will receive advice on supporting safe food-handling practices. (Kindergarten/ Early Childhood has a different policy): **KINDERGARTEN IS NUT FREE**

Birthday Celebrations: students may bring in a fruit or vegetable platter (with tongs) to share (no cakes etc).

Students are not permitted to share food. We want to ensure that parents and carers can be sure their child is only eating what has been selected for them.

Cooking at school: Teacher will check dietary restrictions of individuals in their classes.

Please aim to be consistent with this policy, to support the education you have chosen for your child.