



**HELENA RIVER
STEINER SCHOOL**

Food and Nutrition Policy

Version No.	Date Review Due	Board Approved and Date Published	Changes Made	Author of Changes
1		05/2017	Creation of Policy	TM
2		03/2020	Minor formatting changes only	TM
3	01/2021			



Table of Contents

1	Policy.....	3
2	Procedure.....	3
3	References	4
4	Appendices.....	4

1 POLICY

Helena River Steiner School (HRSS) are aware of the importance of healthy, nutritious food for young children and the need to be considerate and supportive of children with allergies.

2 PROCEDURE

- Parents are asked to provide wholesome, nutritious foods (not high carbohydrate food, snacks, lollies, chocolate or chewing gum) for their children's lunches and morning tea
- Parents are encouraged to provide nutritious foods and drinks for their children through talks at Parent Nights and in the Newsletter
- In the interest of the environment and health, parents are asked not to include any packaged or wrapped foods (such as chips, individual yoghurts, crackers, juice boxes etc) in their children's lunches or morning tea
- Parents are also made aware that as children sit in a group setting, there can be difficulties between children if a child brings inappropriate snack type food to school
- Children may not swap or share their food
- Parents are made aware that HRSS is a 'Nut Aware' school through the school newsletter, Parent Handbook and teacher- parent meetings. Although it is not possible to eliminate all foods containing nuts, parents are requested to not send nuts or food that contains nuts to school, which includes peanut butter or other nut paste sandwiches. In the event a student does bring food that contains nuts or nut products, they may be asked to eat that food away from other students and to wash their hands after eating
- Where a child has a nut allergy, the parents of the class are notified by the Class Teacher and reminded not to include nuts or foods containing nuts in any child's lunch or snacks foods
- Where other serious allergies exist within the class, parents are to be notified and the relevant foods or substances are to be excluded
- Parents creating food for market days, festivals or open days will be reminded via the newsletter and through the P & F that foods to be shared or sold must clearly display all ingredients

3 REFERENCES

Related Documents	<ul style="list-style-type: none"> • Management of Allergic Reactions – Anaphylaxis • Nut Awareness Policy • Food Handling and Storage Policy • Asthma Policy
Links With	
Related Legislation	
Appendices	

4 APPENDICES