



HELENA RIVER
WALDORF SCHOOL

FOOD AND NUTRITION POLICY

Version No.	Date Review Due	Date Published	Changes Made	Author of Changes
1		05/2017	Creation of Policy	TM
2		03/2020	Minor formatting changes only	TM
3	12/2023		No changes	DN
4	08/2028	08/2025	Formatting and layout changes	RD

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1 INTRODUCTION

This policy reflects our commitment to the wellbeing of our students, our respect for the environment, and our belief in building healthy lifelong habits through example, education, and community cooperation.

2 POLICY

At Helena River Waldorf School (HRWS), we recognise that healthy, nourishing food is essential for children's growth, development, and capacity for learning. We also acknowledge our shared responsibility to create a safe environment for children with allergies, and to encourage eating habits that reflect our values of care for self, others, and the environment.

Our approach to food and nutrition is grounded in the Steiner philosophy, which honours wholesome, natural foods, mindful eating, and the social and cultural aspects of sharing meals together.

3 PROCEDURE

3.1 LUNCHES AND SNACKS

Parents and caregivers are asked to:

- Provide wholesome, nutritious foods for morning tea and lunch. Foods high in refined sugar, artificial additives, or excessive carbohydrates (e.g., lollies, chocolate, chewing gum) are not suitable.
- Offer water as the primary drink, avoiding sweetened drinks and juices.
- Avoid sending packaged or individually wrapped foods (such as chips, processed crackers, individual yoghurts, and juice boxes) in order to reduce waste and support environmental responsibility.

3.2 EDUCATION AND ENCOURAGEMENT

- The school promotes healthy eating through parent education opportunities, including Parent Nights, newsletters, and enrolment discussions.
- Teachers model and encourage mindful eating during shared meal times.

3.3 SOCIAL CONSIDERATIONS

- As children eat in a shared setting, parents are reminded that snack-type or highly processed foods can cause difficulties between children.
- Children are not permitted to swap or share food to ensure health, hygiene, and allergy safety.

3.4 ALLERGY AWARENESS

- HRSS is a **Nut Aware** school. While it is not possible to guarantee a nut-free environment, parents are asked not to send food containing nuts (including peanut butter or nut pastes).
- If nut-containing food is brought to school, the child may be asked to eat separately from others and to wash their hands afterwards.

- Where a child in the class has a nut allergy, the Class Teacher will notify parents of the class community and remind them of the need to avoid nuts.
- For other serious allergies, parents will be notified, and relevant foods or substances must be excluded from lunches and snacks.

3.5 SCHOOL EVENTS AND FOOD SHARING

- For market days, festivals, or open days, all food prepared for sale or sharing must have a clearly displayed list of ingredients.
- Parents will be reminded of this requirement via newsletters and P&F communications.

4 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	