



**Silver Tree**  
STEINER SCHOOL

# Food Policy

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2020

This procedure is applicable to: All members of the Silver Tree Steiner School Community

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***“Children may be overfed with things that make them lose completely their healthy instinct for food, whereas by giving them the proper nourishment, the instinct can be preserved so that they always want what is wholesome for them under the circumstances.”***

***~Rudolf Steiner***

## **FOOD POLICY**

By working 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 wellbeing also. For this reason, we ask all parents to pack healthy lunches for school.

Providing healthy food options compliments the nutrition and health messages taught in the classroom, reinforces the work of the class teachers and forms part of a supportive environment for children’s health. The parents are asked to provide an adequate amount of healthy food to school daily. The children need to bring food for Morning Tea and Lunch as a minimum.

The School encourages student lunches which are brought into the school to have:

- Any advertising and commercialism removed.
- Packaging is reduced to keep waste to an absolute minimum.
- Teachers and Parents educate students to minimise packaging in their everyday lives.
- Encourage students to think in an environmentally conscientious manner when choosing products to eat.

Excessively packaged foods are inconsistent with the aims of the school and its sustainability ethos. Students are encouraged to remove unnecessary packaging from their food items and eventually eliminate unwisely packaged goods from their diet.

There is a high level of awareness among Class Teachers of the prevalence of various food allergies in their class and in the school; and this needs to be particularly considered whenever food is prepared and / or shared.

## POLICIES AFFECTED

The following school policies should be read in conjunction with the Food Policy.

- Student Health Care

## ACCEPTABLE FOODS

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

### Morning Tea

Fruit, cheese, vegetable sticks with hummus or other dips, fruit salad, rice, dried fruit, popcorn, yoghurt, custard, plain crackers, pretzels, rice crackers, pikelets, fruit or savoury scones, crispbread, rice/corn cakes, muesli bars, fruit loaf, plain sweet biscuits (max. twice weekly), boiled eggs or ***similar healthy snacks***.

### Lunch

Salad, sandwiches or rolls or pita or lavosh with a variety of healthy fillings (cheese, meat, egg, salad), rice salad, pasta salad, pizza slices, 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, smoothie made with fruit and/or vegetables.

## UNACCEPTABLE FOODS

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 brought to school or dropped off by parents at lunchtime.

We also ask parents NOT to wrap their children's food in plastic wrap or in plastic bags as these are a constant source of litter in our playground and help to create a "throw away" attitude in our society. Instead we ask that food be placed in recyclable brown paper bags or small washable re-useable containers. Children are asked to bring their drink in a washable re-useable drink bottle.

## LUNCH ORDERS

The School encourages parents to prepare a healthy lunchbox for their children each day but understands that sometimes this is not possible. Please check with Reception for any P & F lunch initiatives or local business alternatives.

## **NUT AWARE / ANAPHYLACTIC ALLERGY**

Being a nut aware school means that we educate our staff and students on the prevalence of nut allergies/anaphylaxis and the implementation of preventative measures. Silver Tree is not nut free and students may bring nuts to school in their lunchboxes, however we are **peanut free** due to peanuts being a common anaphylaxis trigger. Anaphylaxis is a life-threatening illness. Many foods contain traces of peanuts therefore we ask that children do not bring peanut butter, peanut/nut muesli bars/ health bars, peanut cakes/muffins/slices or breads, nut meat and nut rissoles, nut sauces (satay, peanut) or any other foods that may contain traces of peanuts. 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.

A note will be sent home with the child if an unacceptable food is brought to school. If this continually happens the parents will be asked to attend an interview with the Class Teacher regarding this matter.

For those students that are diagnosed in a report by a General Practitioner that a child is at a severe risk of Anaphylaxis a decision may be put into place at the discretion of the Head of School.

## **BIRTHDAY CAKES**

Children are permitted to bring a homemade birthday cake or muffins to school to share with their class for their birthday. We ask that you check with the Class Teacher before bringing the cake to make sure that there are no children in the class with specific allergies so that all class members can be included in the celebration.

## **CLASS COOKING PROGRAM**

At times teachers cook and prepare food with their class as part of their program. Teachers will notify parents of class activities involving food. Meals are simple, plain foods such as soups, pastas, vegetable slices, bread rolls, scones, salads etc. with ingredients that are mainly fresh vegetables and packaged dry goods either from a bulk supplier or from the supermarket. Foods are not delivered by others. All food is consumed or disposed of rather than stored or reused.

- a. Our Cooking program has a significant educational value, which must be emphasised. These values will include:
  - i. Cooking skills
  - ii. Hygiene and cleanliness
  - iii. Extension of garden program
  - iv. Raising awareness of the origins of food
  - v. Extend food experience and taste
  - vi. Table manners – sit as a group
  - vii. To an age appropriate level, the ethical issues of food.

- b. Food prepared must be healthy and nutritious
  - i. As fresh and unprocessed as practicable
  - ii. Priority to produce from the school garden
  - iii. Biodynamic or Organic as much as possible
  - iv. Avoid tinned, prepackaged or frozen foods
  - v. Ensure inclusivity for all children and staff by having Vegetarian, Gluten and Dairy free meals always available.
  - vi. Ensure awareness of any specific intolerances
  
- c. While taking the above into account, food ordered must also be cost effective,
  - i. Use home grown wherever possible
  - ii. Use bulk supplies as much as possible
  - iii. Purchases must be made within set budgets.
  - iv. Menus should be set each term in conjunction with Foods that are seasonally available, to make best use of the garden and fresh produce and bulk foods.
  
- d. Health and Hygiene
  - i. All food preparation, serving and storage must be done to a high level of hygiene.
  - ii. Separate boards, knives and utensils must be used for different categories of food.
  - iii. All food must be stored in vermin proof containers.
  - iv. Food must not be prepared by anyone who is feeling ill, or has open cuts or sores.
  - v. Long hair must be tied back or a cook's hat worn.
  - vi. While mopping of floors and general cleaning is done by school cleaners, the kitchen must always be left in a clean and hygienic manner.
    - Benches wiped down
    - All food put away appropriately
    - Compost and rubbish disposed of properly
    - Dishes and utensils cleaned and put away
  
- e. Food handlers
  - i. All food handlers using the kitchen must be familiar with Health and Hygiene standards.
  - ii. Children must be supervised at all times.

## FOOD FOR FUND RAISING

It is recognised that community and fundraising events play a major role in the community and food sold at such events may be given out free or for a donation, but there is still a legal responsibility to ensure that the food served is safe. There are special issues that need to be considered when preparing food for fundraising events and food prepared for market stalls and fetes. On the whole the persons preparing the food are responsible for ensuring all food prepared for sale is safe, suitable and complies with the requirements of the Food Act 2008 ([https://www.legislation.wa.gov.au/legislation/statutes.nsf/law\\_a146689.html](https://www.legislation.wa.gov.au/legislation/statutes.nsf/law_a146689.html))

### **Food prepared by volunteers for fundraising activities**

*(i.e. cake stalls, fetes, festivals and the like)*

Section 6 of the Food Act allows for certain food preparation activities of a charitable or community nature to be exempt from all or any provisions of the Act. In accordance with this section, the Food regulations prescribe an exemption from registration to food businesses conducted as fundraising events so long as:

- the food business is conducted to raise money solely for purposes that are of a charitable or community nature; and
- any food handled in the course of conducting the food business –
  - is not potentially hazardous food; or
  - after being appropriately cooked, is provided by the food business for immediate consumption.

This means that premises used for the preparation of non-potentially-hazardous food by volunteers will not need to be registered. However, these types of food businesses will still be required to notify the appropriate enforcement agency of their food preparation activities. It is an offence for a food business to not notify the appropriate enforcement agency of their intention to operate, regardless of whether they need to register the business.

The Silver Tree Steiner School does not intend to become involved in these activities, but recognises that the Parents and Friends (P&F) association may find the school's policy helpful in assisting them in deciding what fundraising foods or activities would be suitable.

## HIGH RISK FOOD

Some foods are inappropriate (high risk) for temporary stalls, fetes, markets or other activities. High risk foods are best left to other occasions where more suitable equipment is available. Such high-risk foods include ready to eat foods:

- a) prepared away from the stall (e.g. at home);
- b) that must be kept under temperature control, both during transportation and on site.

Selling these foods carries with it heavy responsibilities and costs resulting from -

- a) the potential of the food to support the growth of food poisoning bacteria;
- b) the need to provide "commercial" facilities and equipment for the preparation and display of food; and
- c) possible legal action following public injury should food poisoning occur.

***Note: High-risk foods are casseroles, rice dishes, quiches, spring rolls and generally any foods containing meat, dairy or moist cereal products or ingredients.***

### **LOW RISK FOOD**

Foods that are considered low risk are:

- a) dry by nature (e.g. tea, coffee, biscuits, plain cakes [no cream or custard], bread, confectionery or dried fruits);
- b) high in vinegar or sugar content (e.g. pickled vegetables, carbonated beverages, chocolates);
- c) high in alcohol, fat or oil content;
- d) commercially produced (pre-packaged foods not requiring temperature control); or
- e) cooked on a hot plate or stove e.g. BBQ meats which –
  - i) are thoroughly cooked (so that no pinkness can be seen in the middle);
  - ii) require minimal preparation; and
  - iii) are immediately sold to the public. (Temporary oversupply of food must be kept heated above 60°C.)



## REFERENCES

Food Act (2008)

Available: [https://www.legislation.wa.gov.au/legislation/statutes.nsf/law\\_a146689.html](https://www.legislation.wa.gov.au/legislation/statutes.nsf/law_a146689.html)

Food Regulations (2009)

Available: [https://www.legislation.wa.gov.au/legislation/statutes.nsf/law\\_s41122.html](https://www.legislation.wa.gov.au/legislation/statutes.nsf/law_s41122.html)

Fact Sheet – Food Prepared in Residential Premises

Available: [https://ww2.health.wa.gov.au/Articles/F\\_1/Food-prepared-in-residential-premises](https://ww2.health.wa.gov.au/Articles/F_1/Food-prepared-in-residential-premises)

Nuts in Schools. A resource for school teachers, management and canteens.

Available: <https://www.nutritionaustralia.org/national/resource/nuts-schools>