



Policy Name	Food & Nutrition Policy
Related Policies and Legislation	Crunch & Sip Program Nut Minimisation Policy
Policy Category	Student Wellbeing & Safety
Relevant Audience	All Treetops Community
Date of Issue / Last Revision	11 September 2010 03 February 2014 05 December 2019 23 February 2023
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Person/s Responsible for Review	Treetops Administration

Food and Nutrition Policy

Treetops School runs a successful *Crunch & Sip* program to support students to establish healthy eating habits whilst at school. An objective of *Crunch & Sip* is to increase awareness of the importance of eating fruit and vegetables and drinking water every day. Research has shown that drinking water and eating fruit and vegetables is essential for good health and can help concentration throughout the day.

1. As a certified *Crunch & Sip* school, Treetops encourages students to eat fruit and vegetables and sip water routinely during class time. This is valuable teaching time and an opportunity to discuss healthy eating practices.
2. Treetops School will encourage healthy eating practices through classroom education and periodically through articles in newsletters etc.
3. The School requests that parents do not send lollies, chocolate, sugary snacks, high sugar content drinks or anything of this nature to school. If teachers see children with such items, they will be held until home time and then returned to the parent.
4. Parents of children with food allergies are required to include the details on their child's *Student Health Record and Emergency Contact Sheet*, and if required, supply the school with an appropriate health plan.
5. Parents may choose to send birthday cake for sharing to school in celebrating their child's birthday, alternatives such as ice-creams and lolly bags are not permitted.

6. Only health plans written and signed by the child's GP will be treated as health plans. Other specific dietary requests can be made in writing and all teachers and staff will endeavour to carry out these plans to the best of their ability.
7. Parents are required to provide drink containers and lunch boxes which are clearly labelled with the name of the child for whom they are intended.
8. No food may be ordered for delivery from any external provider without the express consent of staff.
9. Teachers will discourage any trading or sharing of food (other than fruit and vegetable platters).
10. In the case that children arrive at school without their lunch and snack, or without sufficient lunch, Treetops will endeavour to contact the parent with time for them to deliver food to the child. If this is not possible, the school will provide food from what is available.

NUT MINIMISATION

The peak body, the Australasian Society of Clinical Immunology and Allergy (ASCIA), consumer groups, and Government bodies do not recommend blanket food bans. "Banning specific foods from an environment will not eliminate the risk of accidental exposure" (ASCIA). However, implementation of strategies to minimise the risk of allergen exposure is recommended.

Accordingly, Treetops does not place a blanket ban on any particular food group, but adopts an 'education approach' within our broader school community and will apply a range of strategies, given consideration to submitted anaphylaxis management plans, the year levels and age of the students and contemporary advice and training that is available and applied within schools.

If a child has an anaphylaxis management plan parents must submit this to the school at the beginning of the year (or at other time as a new or revised plan is updated by a medical professional). We also request parents ensure that Epipens are within current use dates.

It is possible to minimise the risk factors within the school environment with parent and staff assistance in adopting the following strategies:

- Parents should ensure that they are aware of advice from the school as to which classes/who has nut allergies within their child's class.
- A class may ban a particular food. If any foods are supplied to the school, i.e. birthday cakes and 'special lunch' they should not contain specifically 'banned' foods and/or they should state the ingredients used (many children have 'intolerances' so it is useful to know food contents.)
- Parents should ensure that food hygiene and allergen practices are followed, i.e. if their child has eaten nuts or nut extract before school, that they brush their teeth and wash their hands and face thoroughly.
- Parents and staff cooking in school should ensure that they are aware of anaphylaxis allergens plans and allergens that apply to their class groups. If they are doing food based activities, teachers should communicate to parents (and students) the proposed use of ingredients/allergens as appropriate to their group i.e. nuts, nut extract, if they are to be used.
- Parents and staff should continue vigilance when there is a change from usual routines e.g. excursions, family picnic days at school, sports, days, discos etc.
- Staff should ensure that if they have eaten nuts or known allergens that they follow good hygiene/allergen practice as appropriate to their class grouping (i.e. was their hands and face thoroughly).

Treetops Montessori School trusts that non-allergic members of our community will continue to be sympathetic and responsible in the provision of foods/understandings of other in the consumption of allergens inside and outside the school environment.

For further information please see our comprehensive Nut Minimisation Policy.