



SILVER TREE STEINER SCHOOL

Food Policy

2025

This policy applies to: Silver Tree families and staff.

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Contents

- Food Policy 3
- Guidelines..... 3
- Encouraged Foods 3
- What to Avoid..... 4
- Packaging Choices 4
- Lunch Orders 4
- Allergy Awareness 5
- Birthday Cakes 5
- Class Cooking 5
- School Fundraising..... 6

Food Policy

“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

At our school, we believe that fostering a community-wide commitment to healthy eating and environmental responsibility begins with shared values and daily practice. By working together, we can support children’s physical health, mental clarity, and emotional wellbeing - core aspects of Rudolf Steiner’s philosophy, which recognises the deep connection between nutrition and the whole human being.

We kindly ask parents to support this approach by packing nourishing, wholesome lunches for their children each day. Providing healthy food options complements the lessons taught in the classroom, reinforces the work of the teachers, and helps create a supportive environment that nurtures lifelong healthy habits.

In keeping with the school's values we encourage the following practices:

- Avoid commercialised branding and advertising on lunchboxes, food packaging, and bags.
- Minimise packaging to reduce waste and environmental impact.
- Support students in developing an awareness of packaging and its effects through education both at home and school.
- Guide children to make thoughtful, healthy food choices.

Highly packaged and processed foods do not align with our sustainability ethos and are discouraged. Wherever possible, please avoid sending pre-packaged items in your child’s lunchbox.

Additionally, our teachers are mindful of food allergies within their classes and across the school community. Please work with your child’s teacher to ensure any food that is shared or brought for special occasions respects the specific dietary needs of their class.

Families are asked to provide enough food for their children for at least Morning Tea and Lunch each day.

Guidelines

Encouraged Foods

We encourage families to pack simple, wholesome, and nourishing foods that support children’s growth and energy throughout the school day. These foods are in alignment with the Steiner philosophy of natural, minimally processed nutrition and help to reinforce healthy eating habits.

Suitable options for Morning Tea and Lunch may include:

- Fruit and Vegetable options, such as:
 - Fresh fruit (whole or cut), salads, vegetable sticks with dips such as hummus or guacamole
- Savoury Snack Options, such as:
 - Cheese, yoghurt, plain popcorn, dried fruit, bliss balls
 - Crackers, rice/corn cakes, seaweed snacks, crispbread
 - Homemade muesli bars, oat slices, savoury muffins, pikelets
- Lunch options, such as:
 - Sandwiches, wraps, or rolls with healthy fillings (e.g., cheese, salad, egg, meat)
 - Sushi, rice balls, boiled eggs, tuna, meatballs, sausages, or other protein-rich options

STSS Food Policy 2025

- Egg based options, such as:
 - quiche, veggie slices (e.g., zucchini slice, frittata)
- Hot lunch options, such as:
 - Homemade pizza slices, fried rice, or other balanced meals
 - Soup, roast veggies, leftovers or other warm meals in a thermos during cooler months

If children bring hot food, they must also bring their own utensils (e.g., spoon or fork; no knives please) as the kitchen is not available for student use.

Drinks

Children are encouraged to bring:

- Water
- Smoothies made from fruits and/or vegetables in a tightly sealed, spill-proof container

What to Avoid

We kindly ask families to avoid the following items in lunchboxes where possible:

- Highly processed snack foods such as chips, and foods with high sugar content such as sweet biscuits and donuts
- Confectionery including lollies and gum
- Pre-packaged items like instant noodles in polystyrene cups
- Sweetened beverages such as juice boxes (poppers), soft drinks, and canned drinks
- Hot takeaway food including burgers, fries, or similar fast foods

Packaging Choices

In line with the school's sustainability values and WasteSorted Schools practices, we encourage families to minimise the use of single-use plastics such as cling wrap and plastic bags when packing lunches. These materials frequently become playground litter and contribute to a throwaway mindset.

Instead, we suggest:

- Using brown paper bags
- Packing food in small washable, reusable containers
- A reusable drink bottle

These small changes can make a big difference to our environmental footprint and offer children a meaningful way to take responsibility for reducing waste that would otherwise end up in landfill.

If a teacher ever has concerns about a child's lunch (for example, if they regularly come without enough food or seem hungry during the day), they may reach out to discuss.

Lunch Orders

Primary children and staff have the option of ordering healthy lunches from *Red Tails Coffee Shack* every Wednesday and Friday during term weeks. Orders are placed online, prepared offsite, then delivered to the school by *Red Tails Coffee Shack*.

The lunch options available have been carefully selected to align with the school's Food Policy and take allergies and food intolerances into consideration. All lunches are packed with paper, paper boxes or bio-cane containers.

How to Order

- Please place a separate order for each child in your family.
- Lunch orders are only available for primary aged children.

- All orders will need to be placed **preferably the night before**, or by 8am on lunch order days at the latest.
- You will need to place a new order every week for you child, however you are able to order for both Wednesday and Friday on the same order form – please just specify in the NOTES section
- When you click on the individual food item, you will be able to see if there is a *gluten free*, *vegetarian* or *vegan* option. Please note, sandwiches can be ordered gluten free, however the wraps and rolls cannot.
- Payment is by credit card.
- Check your email for confirmation to ensure your order has gone through.

Other information

Please ensure that when you are in the “checkout” screen you write in the “NOTES” box:

- Name of Child
- Class Name
- Allergy information for your child
- Day and date of order
- Special requests – (i.e. - no cheese in roll) to accommodate dairy intolerance

Allergy Awareness

Anaphylaxis is a life-threatening illness. Being an allergy aware school means that we educate our staff and students on the prevalence of allergies/anaphylaxis and the implementation of preventative measures.

Class Teachers may choose to eliminate certain foods in their classrooms due to children in their class with allergies or anaphylaxis. This will be communicated to parents by the Class Teacher at the beginning of each year and as required throughout the year.

Good practices to help minimise the risk of anaphylaxis and allergic reactions while at school include (but not limited to):

- Washing hands before coming to school.
- Washing hands before and after every meal while at school.
- Children’s lunch boxes and drink bottles are clearly labelled with their name.
- Children eat their own food and don’t share or offer food to others.
- Consider food allergies when providing food for classroom feasts.

Birthday Cakes

Children are permitted to bring a healthy homemade birthday cake or other suitable treat to school to share with their class for their birthday. Please ensure they are low sugar and icing-free. So that all class members can be included in the celebration, we ask that you check with the Class Teacher before baking to ensure that where possible, it also caters to children in the class with specific allergies. Fruit skewers are a wonderful, healthy alternative!

Class Cooking

At times teachers cook and prepare food with their class as part of their activities and lessons. The Class Teacher will make with the class simple, plain foods such as soups, vegetable slices, muffins, salads etc. with ingredients that are mainly fresh vegetables and packaged dry goods either from a bulk supplier or from the supermarket. Wherever possible, the Class Teacher will use produce from our school garden in their class cooking. All food is consumed or disposed of rather than stored or reused.

School Fundraising

When providing food for market days, festivals or other school events, you must provide a clear list of ingredients to be displayed for each food item.