



DIVINE MERCY COLLEGE

FOOD AND DRINK POLICY

Purpose

Divine Mercy College is committed to creating an environment that promotes learning and teaches good eating and physical activity patterns for long term health. Divine Mercy College PS is well placed to support healthy eating and reinforce nutrition messages being taught in the classroom by modelling healthy food and drink choices that are tasty, interesting and affordable. Along with the requirement that students participate in a minimum of two hours of physical activity, the healthy food and drink policy is another step in ensuring our children are fit and healthy.

Background

Childhood obesity is now recognised as a worldwide epidemic. This policy and standards are based on:

- The National Dietary Guidelines for Children and Adolescents in Australia and
- The Australian Guide to Healthy Eating (AGTHE).
- A whole school approach which includes canteen workers, principals,
- teachers, students and parents/caregivers
- A 'traffic light system' for rating the suitability of foods and drink. (see
- appendix);

GREEN – fill the menu

AMBER – select carefully

RED – off the menu

Implementation Strategies

1. Classroom rewards not to include food.
2. Canteen lunches to have food choices from Green and Amber.
3. Class parties and special celebrations - parents to provide food from Green
4. and Amber.
5. Curriculum activities including food (e.g. cooking, excursions, camps) to be
6. Selected from Green and Amber. If foods from Red are required for a specific
7. purpose, written parent/caregivers permission to be sought (see letter to
8. Parents/caregivers appendix).
9. Birthday cakes not permitted during the school day.
10. Parents/caregivers are encouraged to follow traffic light system when packing
- lunchboxes.
11. Information provided to parents/caregivers through newsletter
12. Nutrition to be focussed on in health curriculum
13. Signage of Traffic Light Guidelines at school canteen

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APPENDIX 1 – TRAFFIC LIGHT GUIDELINES

Red	Amber	Green
Food to be eaten occasionally	Food that is good for you	Eat lots of these! Packed with vitamins
Crisps Muffins Cakes Biscuits	Bread Pasta Potatoes Rice Meat Fish Cheese Eggs Other Dairy Unsweetened fruit drinks	Fruit Vegetables Salad Water

APPENDIX TWO – NUT AWARE POLICY

RATIONALE:

Nut allergies are real. Currently there is no cure for nut allergies. Avoidance of the food is the only way to prevent a reaction. 1:20 children suffer from food allergies and some of them will experience a life-threatening (anaphylactic) reaction.

PURPOSE:

In an effort to provide a safe environment for students with allergies to nuts, Divine Mercy College is seeking the support of the whole school community to help make our school nut free

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by ensuring sandwiches, cakes, slices, biscuits, muesli bars, chocolate bars, dips and dried fruit and nuts are not bought to school.

ROLES AND RESPONSIBILITIES:

School:

- Risk management plan in place for the individual 'allergy' students

Principal:

- Organise training for staff to understand anaphylaxis, and first aid response to a reaction.
- Collaborative develop a risk management plan for students in consultation with parent, teacher and Education Assistant.
- Keep action plans up to date.
- Provide a 'hand over' to new staff
- Support staff in carrying out their roles.
- Advise all parents in writing of the enrolment of an 'allergy student' and request their support by ensuring all food containing nut substances are avoided at all times.
- Include nut allergy information regularly in the school newsletter and in the schools information booklets.

Teacher:

- Regularly liaise with parents
- Ensure EpiPen and Emergency Action Plan are kept in an accessible location
- Initiate First Aid treatment as per Emergency Action Plan if a student has a reaction
- Inform EA of their role in the management of the environment and implementation of the Emergency Action Plan.
- Ensure that all potentially dangerous items in the classroom are removed or cleaned.
- Ensure all students wash their hands on arrival to school and after break times if an allergy student is in the classroom.
- Use safe ingredients during cooking activities. Read labels very carefully.
- Educate students on allergies and inform them of the management plans.
- Education Assistant: Assist the teacher as required with the risk management of the student, including the Emergency Action Plan.
- Use safe ingredients when assisting with planning of activities.

Parent/ Caregiver

- Be contactable in the case of an emergency.
- Maintain ambulance cover and up to date details.
- Provide own lunch in labeled container.
- Assist staff in selection of ingredients suitable for cooking activities.
- Provide alternative treats for school/class celebrations.
- Provide EpiPen and appropriate storage container with instructions for use included.
- Keep EpiPen current and replace immediately when out of date.

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- Provide written approval for school to administer medications associated with a reaction.
- Obtain and supply information from your doctor, which is relevant to the school.
- Provide medic alert number if appropriate
- Initiate Emergency Action Plan review.

School Community

- Refrain from packing any foods containing nuts in lunchboxes i.e. sandwich spreads, cakes, slices, biscuits, muesli bars, chocolate bars, dips, dried fruits and nuts

If any child is found with an item containing nuts a friendly reminder notice will be send home. Please understand this is to keep students with severe allergies to nuts safe at school.