



HEALTHY EATING POLICY

Redeemer Lutheran College is a Health Promoting school. This means that Redeemer systematically and deliberately sets out to improve and protect the health and well-being of the whole school community (This includes students, staff and parents.)

LUNCH POLICY

At Redeemer:

- Students bring their own lunches.
- Teachers expect that students eat all the lunch that parents provide.
- A tuck shop operates once a week during both break times.
- The tuck shop will be able to offer a menu with Red Food once a term. A healthy option will also be available.
- Students are not permitted to leave the College grounds to buy their lunches.
- Students are requested to take home all uneaten food so that parents know if the quantity they are sending is too large or if the child does not like a particular food.
- Appropriate snacks may be taken into the classroom and eaten, with teacher consent.
- Water is the recommended drink.
- Water may be taken into the classroom to encourage regular hydration.

During the year, there may be special food days organized (e.g. PFC Tuckshop, sausage sizzles, pizza lunch) and there may be food related fundraising events (e.g. Icy pole days) Parents will be notified of these food days in the Newsletter and via email.

An increasing number of students' experience anaphylaxis reactions to particular foods. It is therefore imperative that: -

- Parents notify the College of any known food allergies;
- Students do not share food;
- Students wash their hands before and after eating;
- Food donated for Food Days are **nut free and ingredients clearly labelled**.
- As required, allergen free zones may be declared.

Parents are asked to keep special treats (e.g. lollies, chips, chocolates) for after school. Students who bring such food will be instructed to take this food home and to eat it after school.

As a health promoting College, we encourage parents to send simple, nutritious, whole, non-processed food to school.

Date	College Council Chairman	Principal	Next Review Date
Initial document	David Behrendorff	Kerry Hutton	Prior to 2005
13 February 2019	Gavin Lotz	Genevieve Clark	February 2021
March 2021	Gavin Lotz	Eureka Coetzee	March 2023
8 March 2023	Gavin Lotz	Eureka Coetzee	March 2025