


St Fidelis Primary School	System Update: 01. 11. 2021	
Version 0.1	Date of Next Review: 01. 11. 2023	

# Food Sharing Policy

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## Introduction:

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This policy is designed to inform St Fidelis Primary School's community of strategies used to reduce the risk of exposure to known allergens when students are consuming food at school or at a school event.

## Purpose:

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The school's food sharing policy has been developed to:

- » Maintain good health & hygiene practice.
- » Ensure that parents, guardians & carers are aware of the school's food safety strategies.
- » Ensure that food prepared and brought to school complies with food safety standards.
- » Enable ease of identification of ingredients when pre-packaged food and drink is brought to school.
- » Minimise the potential of risk to students with known allergies or anaphylaxis.

## Definitions:

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**Allergen:** A substance that causes an allergic reaction.

**Allergic Reaction:** Where an allergen (such as pollen or a food substance) enters the body and triggers an antibody response.

**Anaphylaxis:** An acute allergic reaction to an antigen (e.g. a bee sting or a food substance) to which the body has become hypersensitive.


## Implementation:

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St Fidelis Primary School adopts 'No Food Sharing' practices to reduce the risk of student exposure to known allergens.

Students, parents, guardians & carers will be educated about food allergies so they understand why students should only eat their own food, and why they should not share or offer food to students with food allergies.

The school does not recommend 'banning' foods, but rather implements an 'allergy aware' approach focussed on a range of appropriate risk minimisation strategies. The banning of food

St Fidelis Primary School	System Update: 01. 11. 2021	
Version 0.1	Date of Next Review: 01. 11. 2023	

will only be considered in extreme circumstances, under advice from a Registered Medical Practitioner.

Parents, guardians & carers will be advised of the school's Food Sharing Policy at enrolment and at the commencement of each school year.

### **Recess & Lunchtime:**

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St Fidelis Primary School staff members will actively manage & monitor the consumption of food by students at recess and lunchtime.

Students, parents, guardians & carers will be reminded that at recess and lunchtime:

- » Food sharing or trading is not permitted.
- » Food utensils and containers are not to be shared.
- » Students will be encouraged to wash their hands before & after eating.
- » Hand Wipes will be available to remove allergens when running water and soap is not available.
- » Student lunchboxes and drink bottles are to be clearly labelled with the student's name.
- » When staff prepare fruit & vegetable shared platters, students with known allergies will be served on a separate plate.

Students of a younger age or those with cognitive impairments will be closely monitored during recess & lunchtime to reduce the risk of accidentally eating a food allergen.

### **Celebrations & Rewards:**

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To ensure the safety of all students participating in celebrations at school, such as Christmas and birthdays, the following risk management strategies will be adopted:

- » No food is to be shared with other students at school.
- » No lolly bags are to be distributed to students
- » If a small gift bag is to be shared with other students for a child's birthday or as a gift, please consider using items such as stationery (erasers, pencils, stickers etc).


Please note:

Staff members will liaise with parents, guardians & carers to ensure that arrangements are made to cater for students with known allergies when planning fundraising, cultural days, stalls, picnics or celebrations involving food.

### **Off-Site Activities & Camps:**

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Prior to any off-site activity, including camps, organising staff members will identify food handling & storage arrangements & plans for the safety of all accordingly. Identified control measures will be communicated to all parents, guardians & carers prior to the event.

St Fidelis Primary School	System Update: 01. 11. 2021	
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It is suggested that all staff members, authorised to prepare and serve food on the excursion and camps, undertake [All about Allergens for Camps](#) online training so that they understand how to select suitable foods for students and staff with food allergies and how to avoid cross contamination during storing, handling, preparing and serving food.

Using food in activities and games as a reward is to be avoided at all times.

### References:

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- Allergies & Anaphylaxis Australia - *Anaphylaxis Risk Mitigation Strategies for School's, 2021*  
Food Allergy Training Organisation - *All About Allergies on Camps, 2021*  
Victorian Department of Education & Training - *Canteens, Healthy Eating and Other Food Services, 2021*