Dear [teacher’s name],

Thank you for taking the time to reply to my previous email.

I’m worried that a list of banned foods has potential unintended negative consequences.

I understand that a school might suggest limiting or banning certain foods to accommodate allergies or to promote ‘healthy eating’, but it doesn’t consider the bigger picture. For example, even with existing allergies, the Australasian Society of Clinical Immunology and Allergy (ASCIA)  guidelines suggest that banning foods creates a false sense of security for the allergic child. Secondly, restricting the range of foods impacts a parents ability to send a varied lunchbox that meets their child’s specific needs and family’s individual circumstances (e.g. availability, time, cost).

As a parent, I know which foods my child will confidently eat and I consider what I offer my child across the week to meet their individual needs and preferences. My concern is that a list of foods banned without evidence to support it makes it more difficult for families who are experiencing eating challenges like strong sensory preferences, anxiety, biting and chewing difficulties or an illness or condition that has very specific nutritional needs. What might not look ‘balanced’ to someone else, might be exactly what a child needs and will eat at school.

I would like to ask what I need to do to raise this with the school to have these rules reconsidered, so that it’s more inclusive for all families.

Again, I am happy to discuss this further with you by email or phone, or in person.

Thank you,

[Your name]