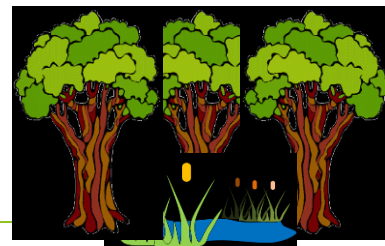


Eating Policy



Forest School understands that through Forest School sessions, children's awareness of the environment will increase and as such the children will gain an interest in berries and fruits.

Forest School will not allow children to pick berries or fruits to ingest, as it cannot be guaranteed that they are the correct berries or that they are clean.

- Children will be taught the reasons why berries and fruits may not be eaten during Forest School sessions. They will be told that fruit and berries can be safe, but they must not eat or pick **any** unless instructed to by a trained Forest School Leader.
- Forest School Leaders will ensure anything grown and picked in the 'Rustic Veg' patch is checked and not consumed if the Leaders are unsure what it is.

Cooking on the fire

Forest School Leaders and other adults are aware of the following when cooking and eating at Forest School.

- Everyone should wash their hands or use antibacterial hand gel before touching food or drink.
- All food is stored in air tight containers.
- Equipment used is clean.
- The Forest School Leader will be responsible to check a list of all the children's allergies, and ensure they do not consume anything they have an allergy to. The correct medication will be available if an allergic reaction takes place on known allergy.
- All equipment and waste is cleared away from the woodland.
- The fire is always supervised by the Forest School Leader and is never left unattended when it is lit. Safe fire practice is adhered to. A bucket full of water is always next to the fire. Children are reminded not to stand in the fire circle.
- A snack may be brought into the wood. In the winter, food may be cooked on the fire or hot drinks made. As children become more accustomed to Forest School, cooking activities will increase using pans and a Kelly kettle.
- All food sources will be stored in a safe, hygienic manner.
- Children should bring a named 'sport' water bottle on site with them.