



Leafy Legends Eating and Food Safety Policy



Purpose

To ensure that all food-related activities at Forest School are safe, inclusive, and nurturing — supporting children's physical health, emotional wellbeing, and connection to nature.

We believe that eating together is a moment of community, comfort, and learning. This policy outlines how food is prepared, shared, and supervised with care and clarity.



Guiding Principles

- **Safety first:** All food handling follows hygiene and allergy protocols
- **Emotional attunement:** Eating is never rushed or forced
- **Inclusivity:** Dietary needs and cultural preferences are respected
- **Connection:** Food is linked to nature, seasons, and sensory exploration
- **Autonomy:** Children are supported to make choices and serve themselves when appropriate



Food Provision & Storage

- **Snacks and meals** may be provided by families or Forest School (depending on session type)
- **All food** must be clearly labelled with child's name and allergy information
- **Perishable items** are stored in cool bags or insulated containers
- **Shared food** (e.g. campfire cooking) is prepared with full ingredient transparency



Hygiene & Preparation

- Staff wash hands before and after handling food
- Children are supported to wash hands before eating
- Surfaces are cleaned with eco-safe disinfectant before food prep
- Utensils and containers are washed thoroughly after use
- Gloves are worn when handling ready-to-eat items

🚫 Allergies & Dietary Needs

- All known allergies and dietary restrictions are recorded and reviewed regularly
- No nuts or nut products are permitted on site
- Staff are trained in allergy awareness and emergency response
- Children with allergies are given safe alternatives during shared food activities
- Ingredient lists are displayed during cooking sessions

🔥 Campfire Cooking & Wild Food

- Campfire cooking is supervised by trained staff
- Children are taught safe fire boundaries and tool use
- Wild food foraging is only done with prior risk assessment and parental consent
- All wild edibles are identified by qualified staff and prepared safely
- Cooking is framed as a sensory, seasonal, and communal experience

🐻 Eating Environment

- Meals and snacks are eaten in calm, shaded areas with seating or picnic mats
- Children are encouraged to eat slowly and mindfully
- Staff sit with children to model safe eating and gentle conversation
- Emotional needs are noticed — children who are anxious, withdrawn, or dysregulated are supported with warmth
- No child is pressured to eat — gentle encouragement and choice are prioritised

✍ Incident Response

- Choking or allergic reactions are treated as medical emergencies
- Staff follow First Aid and Emergency Procedures
- Parents/carers are informed immediately
- Incidents are logged and reviewed with safeguarding lead

📋 Monitoring & Review

- Policy is reviewed termly or after any food-related incident
- Staff feedback and parental input are welcomed

- Risk assessments are updated to reflect seasonal changes and new activities



Related Policies

- Health & Safety Policy
- Risk Assessment Policy
- Safeguarding Policy
- Campfire & Tool Use Policy
- Emotional Wellbeing Policy

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