



# Leafy Legends Eating and Food Safety Policy

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## 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.

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## 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
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## 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
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## 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
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## 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
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## 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
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## 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
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## 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
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## 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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