

EATING POLICY

- Forest School sessions adopt a nil-by-mouth policy with the following exceptions:
- Hot drinks made in Kelly kettles for the group, from commercially available products such as hot chocolate
- Drinks and foods that link directly to the topic, such as elder cordial, which will only be sourced from commercially available products.
- Break-time snacks and packed lunches brought by the attendees may be eaten
- Learners will be taught, that food from the woodland can be consumed but **not** during forest school sessions. Reasons will include poisoning, basic food hygiene and allergies. It will be explained that such foods should only ever be consumed with the direction of a knowledgeable care-giver. Such explanations will be age appropriate.
- Parents are requested to only include healthy options for their children and not include sweets and chocolate. This is because we work with healthy eating guidelines. We also seek to ensure that children are not experiencing sugar 'highs' whilst using tools and fire.
- Zero peanuts to be brought into or supplied in forest school including peanut products such as peanut butter or any foods/products containing peanuts. This is the responsibility of parents of attendees.

It is the responsibility of the Forest school leader to check for allergies and intolerances prior to any forest school session and to use discretion and respect. This may involve changing the chosen products for consumption where necessary.