

Food Policy

During forest school sessions a 'nil by mouth' policy operates with regard to items found in the forest school area.

Only food taken from pre-school will be consumed.

In all pre-school food and cooking related activities, everything used should be suitable for consumption by all children in the group, with regard to allergies/intolerances, and religious/cultural dietary restrictions. The only exception being milk for drinking.

A list of dietary restrictions is kept in the pre-school kitchen and should be consulted when planning food related activities and provision of snacks.

Children bringing packed lunches are free to eat that which their parents have provided with the exception of crisps and chocolate/sweets. Children are encouraged to drink water from a cup at lunch time and milk or water from a cup during the session.

When hot drinks are provided care should be taken to ensure that these are cool enough for the children to drink immediately.

Policy reviewed and updated June 2011