

Accessible Education Provision for Neurodivergent Children
through graduated interventions and academic support.



*An organisation that aims to improve every child's life
by being closer to nature,
providing equality in learning
and promoting well-being*

FOOD AND DRINK POLICY FOR RAW LEARNING

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1. Introduction

At Raw Learning, we believe that proper nutrition is essential for good health and for teaching and learning to be effective as good food is vital to children's health, development, concentration and behaviour. In order to fulfil our potential in life, all members of our community should be accessing proper nutrition and fluid intake.

2. Aims and Objectives

We aim to support our pupils in establishing and maintaining life-long healthy habits by:

- Encouraging them to bring healthy foods and drinks for snack.
- Providing a cross-curricular education to help pupils make informed choices about what they eat and drink in order to have a balanced diet.
- Providing water to encourage pupils to stay hydrated and keep up their fluid intake.
- Developing healthy eating habits that will last into adulthood.
- Providing cooking opportunities for the pupils.

3. Policy Statement

Pupils are able to bring a healthy snack and a drink to have during their break. Water is available whenever a pupil requires a drink.

Pupils will be encouraged to practise high standards of hygiene through washing their hands with soap before eating or cooking activities.

Pupils will be supervised when preparing foods for cooking and they will be encouraged to try the new tastes and textures of different foods they cook.

4. Additional important information

Upon joining Raw Learning each child's individual dietary needs, and any allergies, are requested on enrolment. As part of the setting, we are aware that some children will have an allergy to nuts. While every precaution will be taken to not have nuts as part of our snacks there may be times within the forest, especially during foraging, that similar reactions could be had. Raw Learning facilitators will have a list of these children in order to identify risk. The parents of the child at risk will be asked for their decision about whether their child participates or not on a case-by-case basis depending on the activity.

The following procedures and practices are also put into place:

- Facilitators will ensure that food preparation areas are always kept clean.
- Facilitators will check all food purchased for expiry dates and quality.

- Food is stored so that those with the longest shelf life are stored behind those with the shortest shelf life.
- Check all food at the time of use to ensure that it is still in date.
- Food which has been opened is clearly labelled with the date opened and date for disposal which is in accordance to the packaging.
- Food provided is nutritious and of high quality and does not contain large quantities of saturated fat, sugar, salt, artificial additives, preservatives and colourings.
- Facilitators and children will ensure their hair is tied back when cooking.
- We include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- We take care not to provide food containing nuts or nut products and we are especially vigilant where we have a child who has a known allergy to nuts.
- Separate knives/ boards are used for chopping fruit and vegetables and dairy products in case of cross contamination.
- All vegetables and fruit are washed before preparing.
- Facilitators will ensure that all utensils and crockery are clean and stored appropriately.
- Waste food is disposed of daily.
- Cleaning materials and other dangerous products are stored out of children's reach.
- Children do not have unsupervised access to the kitchen.
- When children take part in cooking activities they are always supervised.

This policy was adopted by	Raw Learning
On	2 nd August 2024
Date to be reviewed	2 nd August 2025
Signed on behalf of the provider	<i>Rachel King</i>
Name of signatory	Rachel King
Role of signatory	Director