

Foraging/Wild Food Policy

Health and Social Care Standards

1.33 I can choose suitably presented and healthy meals and snacks, including fresh fruit and vegetables, and participate in menu planning.

1.38 If appropriate, I can choose to make my own meals, snacks and drinks, with support if I need it, and can choose to grow, cook and eat my own food where possible.

3.20 I am protected from harm, neglect, abuse, bullying and exploitation by people who have a clear understanding of their responsibilities.

3.21 I am protected from harm because people are alert and respond to signs of significant deterioration in my health and wellbeing, that I may be unhappy or may be at risk of harm.

Children have the opportunity to participate in foraging, growing plants and cooking while they are at Stramash. They are involved in the planning of what they want to grow in the garden and what they want to cook on the fire.

Such examples of growing/foraging that may take place at a Stramash nursery may be:

- Picking brambles and using them to create jam on the stove
- Growing rhubarb in the garden and making rhubarb crumble on the fire
- Collecting herbs from the garden to use in soup

Stramash recognises there may be potential risk involved in foraging and growing food, and in order to reduce the potential for risk, Stramash will ensure:

- Potential risks are identified, managed and rectified, where possible, through the Risk Benefit Assessment process;
- Stramash staff will not forage for high risk items (for example: mushrooms);
- Staff will only facilitate foraging if able to display competence beforehand to the Team Leader;
- Staff will only allow for the foraging of food items on site and of a safe distance from the ground;
- Staff are trained and competent in food hygiene and preparation to a suitable level (ideally outdoor provision);
- Allergy notices are to be adhered to;
- There are suitable cleaning areas for food with clean water;
- There are suitable food preparation areas with wipeable surfaces;
- There are suitable handwashing stations and protocols in place;
- Staff are trained to recognise symptoms of illness or poisoning in children from foraging.