

FOOD POLICY

Woodcraft Folk DFs



Approved by: DF Committee

Document owner: DF Events Rep

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Previous versions of this policy are available on request. Please contact the DF Secretary via [email](#).

The most up-to-date copy of this policy will always be accessible via spanthat.world/files/policy/food.

Any references to this policy should use the link above.

Scope

This policy applies to people KPing at DF events.

Purpose

The purpose of this policy is to set out the expectations for KPs at DF events.

Related Documents

This policy has no related documents.

The policy starts overleaf.

1 Introduction

This policy is intended as a set of guidelines for KPs and to inform the movement on how menus are made, it is up to the KPs how they follow this policy, and the parts that they prioritise when KP-ing.

Making food for an event is incredibly difficult and involves a huge amount of planning and forethought. On top of this, we have ideals of the sustainability, ethical standards, affordability, and accessibility of the food that are often difficult to achieve. KPs should focus on making a balanced menu more than a perfect one.

Although we should focus on all these ideals, the highest priority is that **no one should be forced to miss a meal because the information that was in their booking form or has been communicated to the KP before the event is not taken into account when creating the meal.** An announcement will be made at the beginning of each event *“people may have alternative eating arrangements, and that you should not take food from the kitchen/stores without permission as it could disrupt others’ food needs. You must respect this and should not question it.”*

If **during an event** someone tells a KP about a dietary requirement, then while KPs should try to cater to that requirement, KPs are not at fault if catering for that requirement isn’t possible.

2 Allergen & Food Requirements

Allergies are the most important part of KPing. Allergies can cause issues beyond what is usually expected. There are cases where allergens can cause an allergic reaction in some people but not others. In order to prevent this:

- Don’t throw away any packaging when cooking.
- Allow people to check ingredient lists and allergy info themselves.
- The phrase “May contain” on ingredient lists can be an issue for some people and not others.
- Cross contamination is easy to do while camping. Allergens should be kept separate and surfaces should be cleaned after meals.
- The KPs and KEs should make provision for food to be cooked separately due to allergies where this is required.

If at any point you are unsure whether something will cause an allergic reaction, then don’t use it or contact the person with the allergy.

3 Mental health & Food

Food can be an important factor in people’s mental health and catering to this is vital when KPing. **As KP you need to be flexible and advertise that you are willing to accommodate everyone’s needs,** some preemptive steps you can take to make things easier include:

- Making sure you have a range of snacks available at all times
- Making it clear people can cook their own food if they need to, and providing facilities where possible
- Try to keep different ingredients separate when making food (e.g. salad)
- Allow people to take food before the main serve or setting food aside for them to eat afterwards if this is needed

- Ensure that everyone is aware of meals happening and has been offered food before serving seconds, while also considering fair portions
- We aim to create food that can be accessible to the widest amount of people. Condiments should be provided to allow DFs to incorporate preferred flavours

4 Animal Products

The production of meat and other animal products can have a burden on the environment and is important in planning a meal as sustainability is a key aspect of our movement. **It is suggested to make Vegan meals** as they can be more sustainable and allow everyone to eat it rather than creating many different meals.

While this is true, a fully vegan event is not inclusive to everyone, coming to a DF event can be a difficult step and we should strive to make people feel welcome and comfortable. Therefore, **meat and other animal products can be provided in an appropriate amount across the event.**

Concerns about cruelty to animals are important and this should be considered when finding suppliers.

In order to reduce discomfort, the Clan Rota should make sure that people preparing meat are meat eaters

5 Sustainability

There are concerns to do with sustainability other than animal products, and as part of the movement we should:

- Avoid food containing palm oil
- Try to buy food that is in season
- Contact groups that use food waste such as the real junk food project.
- Try to organise for leftover food to be delivered to a food bank/shelter.

If you have any concerns about sustainability contact sustainability@spanthat.world

6 Ethical Eating

Ethical eating considers the impact that the production of that food/brand has on the animals, the producers and the environment.

Sourcing ethically is very difficult and no one will be able to do it perfectly but we suggest avoiding:

- Nestle
- Israeli Goods

Keep in mind that keeping the cost of food low is the main concern and to do this and source ethically is very difficult, we want to encourage the KPs to research the brands and products they use before they buy them.

It is important to recognize as KP you make choices for DFs and if you buy unethical products, you are doing so on behalf of the Movement as a whole.

7 Local Produce

Using local produce supports local farmers and communities, however local produce is often more expensive than supermarkets and can be less sustainable if the food isn't in season.

To try and reduce this cost while still using local produce, here are some recommendations:

- Try and contact local farmers early before the event
- Ask local DFs for local contacts