

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, ethicality, 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.

While we should focus on all these ideals, the highest priority is that **no one should be forced to miss a meal because the information which was on their booking form or has been communicated to the KP before the event isn't taken into account when creating the meal.**

In an effort to prevent this, at the start of the event it should be announced that “people may have alternative eating arrangements, and that you should not take food from the kitchen/stores without permission as it could disrupt someone else's food needs. You need to respect this and should not question it.”

If someone tells a KP about a dietary requirement **on the event** then while KPs should try to cater to that requirement, KPs cannot be blamed 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.
- Cross contamination is easy to do while camping. Allergens should be kept separate and surfaces should be cleaned after meals.
- If someone needs food to be cooked separately due to allergies or other dietary requirements, this needs to be done.
- “May contain” can be an issue for some people and not others. (E.g. Oreos don't contain milk but they have “may contain milk”)

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. We ask about food requirements, we should respect that this means they cannot eat that food and the meal shouldn't include that item or there should be an alternative for that person.

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 (for example, in the kitchen) 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
- Bland food can make it difficult for someone to eat a meal and so having something that can be added later like tabasco or spices can make it less bland.
- Even if someone wastes food, it is important that they have the option to eat the meal.

While we have ideals for our food we should never shame people for their food habits even if they are different to our own.

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 should be provided in an appropriate amount across the event.** e.g. bacon/halloumi for breakfast, meat/cheese in sandwiches, cheese to add to pasta, etc.

Concerns about cruelty to animals are important as people may not be comfortable with an event supporting these industries and should be considered when finding suppliers.

In order to reduce discomfort, the Clan Rota should make sure that people preparing meat are meat eaters and that clans have a fair balance of dietary requirements.

5 Sustainability

There are other 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 a food bank/shelter to collect any leftover food before the event.
 - If this isn't possible, photograph all the leftover food and email it to the local council

While sustainability is important we should never shame people for food waste or their food habits even if they are different to our own. If you have any concerns about sustainability contact sustainability@spanthat.world

6 Ethical Eating

Ethical eating refers to 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 there are some brands to avoid and some stickers to look out for that will help you be as ethical as possible:

- Nestle
- Israeli Goods
- Products containing Palm Oil

It can be difficult to know about ethical foods sustainable brands and a list of palm oil free products:

<http://www.ethicalconsumer.org/shoppingethically/ethicaldirectory>

<http://www.ethicalconsumer.org/shoppingethically/palmoilfreelist.aspx>

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 representing DFs as supporting these companies. With this in mind it is important to try and make as many ethical and sustainable choices as possible.

While ethical food is important we should never shame people for their food habits even if they are different to our own.

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

Keeping costs low is about maintaining a balance: having more expensive meals or ingredients is fine but will need to be balanced by another meal.