

## **Food**

We aim to provide healthy, varied snacks and meals largely prepared using organic produce.

Our cook continually updates her knowledge via specialist literature, attending courses, and by talking to other organizations with specialist knowledge of the subject. Meals and snacks are prepared in BC Trekanten's own kitchen, located at the very heart of the centre, meaning that our children can see how their food is made. We also talk about what we are eating and where it comes from.

We can take allergies into account (parents must provide a detailed doctor's certificate). If your children is not allowed to eat pork we also respect this.

Meals are extremely important socially, so we ensure that they are pleasant occasions where we can enjoy our food and each other's company. We divide our children into small groups and keep noise levels low so that they can talk to and listen to each other. We also insist on good manners; our children don't get down until most of us have finished eating. Mealtimes are great learning opportunities. They help our children to become more resourceful, and teach them how to lay the table and to clear it again afterwards.