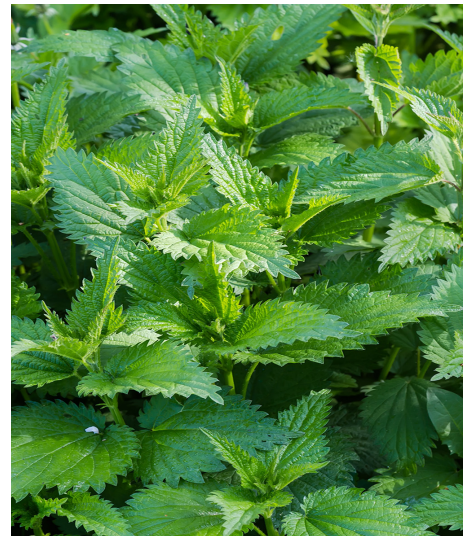




Foraging guidelines

- **Minimise damage** - *stick to paths and try not to uproot a whole plant.*
- **Seek permission** - *from parents and site owner. Check the woodland trust website.*
- **Know what you're picking** - **NEVER EAT** *anything unless you are 100% clear on the identification - ask an adult.*
- **Leave plenty behind** - *wild food is vital for the survival of wildlife in the UK.*
- **Consider origin** - *Avoid areas with high dog traffic or pollutants - e.g. roadside or edge of farmland. Wash thoroughly before consumption.*