



Brookwood School Food Philosophy & Principles

At Brookwood, we understand that food is not just fuel; it is part of how children feel, learn, regulate, and connect. Children learn a great deal about themselves through food: what they prefer, what they're willing to try, how they listen to their bodies, and how they participate in shared spaces. Food shapes how they think, how they feel, and how ready they are to learn, move, and connect with others. With that responsibility in mind, and appreciating that our students range in age from 3 to 14, our food program is designed to support students' physical health, emotional well-being, and lifelong relationship with food through thoughtful preparation, inclusive practices, and a strong sense of community responsibility. Guided by our HEART values and grounded in child development, these principles shape how we plan, cook, serve, and continue to evolve food at Brookwood.

Food that Supports Growing Minds and Bodies

We prioritize meals that nourish children through every stage of development. Balanced, nutrient-rich food supports focus, emotional regulation, energy, and resilience, helping students engage fully in learning, play, and relationships throughout the day.

Fresh Ingredients, Simply Prepared

Our meals are prepared in-house using whole, seasonal ingredients whenever possible, starting from simple, recognizable foods rather than pre-packaged or convenience items. This approach gives us greater care over how food tastes, nourishes, and supports children's growing bodies, while keeping ingredients honest and free from unnecessary additives.

A Positive, Curious Relationship with Food

We aim to foster trust and confidence around eating. By offering consistent, supportive food experiences, we help students listen to their bodies, explore new foods with curiosity, and develop autonomy over time.

Cultural Respect and Global Awareness

Our food program reflects the diversity of our community and the wider world. Through a range of cuisines, flavors, and food stories, we honor cultural traditions and invite students to experience food as a gateway to understanding people, place, and history.

Learning Through Everyday Practice

Food is part of how students learn, through explicit curriculum connections, and also through daily routines and visible choices. From sustainability practices to shared meals, students experience stewardship, responsibility, and care in action.

Food as a Connector

We believe shared meals build community. Dining spaces, garden beds, and food rituals are designed to create moments of connection between students, adults, and the land, supporting belonging, empathy, and joy.

Responsible and Sustainable Choices

Our campus is both a school and an ecosystem. We strive to minimize waste, source responsibly, and make procurement decisions that align with environmental sustainability and ethical food systems. Through composting, gardening, and mindful sourcing, we model care for the world students are inheriting.

A Living, Responsive Program

Our food philosophy evolves alongside our community. We listen to students, families, faculty, and staff as we assess our practices, explore new partnerships, and plan for future infrastructure. In doing so, we affirm that food is a core pillar of wellness, learning, and community life at Brookwood.