



SAFER EATING POLICY

We are committed to ensuring that meals, snacks and drinks provided and consumed within the setting are **safe, healthy, balanced and nutritious**, and that mealtimes are conducted in ways that **minimise choking risk**, manage allergies and intolerances appropriately, and promote positive eating experiences. These requirements are in line with the statutory **Early Years Foundation Stage (EYFS)** framework and supporting Government guidance.

This policy aims to:

- Protect children from food-related risks, including and especially **choking and allergic reactions**.
 - Ensure food and drink provided meet nutritional standards and support healthy growth and development.
 - Support families to provide appropriate packed lunches that meet safety and nutritional expectations if these are brought into the setting.
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RESPONSIBILITIES

We will ensure:

- All food served meets the EYFS requirement to be **healthy, balanced and nutritious**.
 - Staff have access to up-to-date information on each child's dietary needs.
 - A valid **paediatric first aid-trained member of staff** is present in the room during eating times.
 - There are clearly documented safe weaning plans for infants, agreed with parents/carers
 - Prepare and serve food safely and hygienically.
 - Ensure supervised mealtimes
 - Sit facing children while they eat to observe chewing and detect signs of distress or allergic reactions
 - Record any **choking incidents, allergic reactions or other food-related concerns**.
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MEALTIMES AND SUPERVISION

Seating and Positioning

- Children must not eat while walking, running or playing.

Supervision

- Staff will always be present and attentive.
- Sit facing children to minimise choking risks and monitor allergic reactions.

FOOD PREPARATION & CHOKING PREVENTION

Food will be prepared in ways that reduce choking risk:

- Cut **small round foods** (grapes, cherry tomatoes) lengthways into quarters.
- Remove stones, pips and hard elements from fruit.
- Avoid whole nuts and seeds for children under 5 — chop or grind if included only with parent permission for older children.
- Cut sausages into **thin strips** and remove skins.

ALLERGIES & SPECIAL DIETARY REQUIREMENTS

- Collect detailed dietary/allergy information at enrolment and update regularly.
- Display **allergy information** in an accessible but discreet manner for all relevant staff.
- Ensure emergency medications (e.g., **adrenaline auto-injectors**) and related action plans are available and staff are trained in their use.
- Where food is provided by parents (packed lunches), ensure it meets safety and allergy standards set by the setting.

HYGIENE & FOOD SAFETY

All food handling should follow safe food hygiene:

- Wash hands before preparation and serving.
- Clean surfaces and utensils thoroughly.
- Store food at safe temperatures and reheating food is done to appropriate temperatures.

RECORDING & REPORTING

- Record any **choking incidents**, allergic reactions, suspected food poisoning concerns.
- Inform parents/carers promptly.
- Review incident records periodically to identify patterns and reduce risks.

EDUCATION & PROMOTION OF HEALTHY EATING

- Promote positive attitudes towards healthy eating through activities and mealtime interaction.
- Teach children basic hygiene and good food behaviours.