

Hanley St Luke's Church of England Academy

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EYFS Safer Eating Policy

Date adopted	September 25
Date last reviewed	
Next review date	September 2026
Subject lead	Sarah Clay
Governor/Committee (where applicable)	Lisa Hall

Our Vision:

Jesus said: 'I have come that they may have life and have it to the full.'

Promoting *life-long learning*
Developing *life-giving relationships*
Exploring *life-enhancing faith*
Inspiring *life-enriching aspiration*
Opportunities for life

1. Policy Statement

This policy ensures that all food provided to children in our setting is prepared and served in a safe and hygienic manner that minimises the risk of choking and allergic reactions. It complies with the updated requirements of the EYFS statutory framework 2025.

We are committed to creating a safe eating environment where dietary requirements, allergies, and food intolerances are respected and managed with utmost care.

2. Aims

To promote safe eating practices for all children.

To ensure that all staff are aware of and adhere to safe food preparation and serving procedures.

To reduce the risk of choking during mealtimes.

To ensure all dietary requirements, including allergies and intolerances, are recorded and followed.

To meet the updated EYFS welfare requirements on food safety and safer eating.

3. Roles and Responsibilities

3.1 Leadership/Management

Ensure that this policy is implemented and reviewed regularly.

Ensure risk assessments for food preparation and serving are up-to-date.

Ensure PFA-trained staff are available during every meal and snack time.

3.2 All Staff

Follow food preparation guidelines that minimise choking hazards.

Be familiar with all children's dietary requirements and allergies.

Supervise children closely during meals and snacks.

Know how to respond to allergic reactions and choking incidents.

4. Paediatric First Aid and Supervision

At least one member of staff with current paediatric first aid (PFA) training must be present at all times during meal and snack times, as required by the EYFS 2025 updates.

Staff must be trained to identify signs of choking and allergic reactions and to respond quickly and effectively.

5. Allergy and Dietary Management

All parents/carers must provide information on their child's dietary needs, allergies, or intolerances before their start date.

A clear, up-to-date allergy and dietary requirement list is kept in food preparation and eating areas.

Allergen-free alternatives are provided where necessary.

Staff receive regular training on allergen awareness and food hygiene.

6. Food Preparation and Serving Practices

To reduce the risk of choking:

Food is cut into small, manageable pieces, especially for under-5s.

Hard foods (e.g., raw carrots, apples) are either grated, steamed, or softened.

Grapes, cherry tomatoes, and similar foods are sliced lengthwise.

Nuts and popcorn are not served to children under five.

Children are seated and supervised while eating – no eating on the move.

Mealtimes are calm and unrushed to encourage safe chewing and swallowing.

7. Hygiene and Cross-Contamination Prevention

Separate utensils, equipment, and preparation areas are used for allergen-free foods.

All surfaces are sanitised before and after food preparation.

Staff follow rigorous handwashing routines before handling food.

8. Emergency Procedures

In the event of a suspected allergic reaction or choking incident:

Staff will act immediately and administer first aid as trained.

Emergency services will be contacted if necessary.

Parents/carers will be informed as soon as possible.

An incident report will be completed and reviewed to improve future safety.

9. Communication with Families

We share this policy with all families before their child starts.

Updates regarding any changes in a child's dietary needs must be reported immediately.

Menus are shared in advance to ensure transparency.

10. Monitoring and Review

This policy will be reviewed annually and updated to reflect changes in legislation, best practices, or operational requirements.