

# **Early Years Safer Eating Policy**

Carfield Primary School 25-26



**Carfield**  
**Primary School**

## Statement

At Carfield Primary School we are committed to ensuring the health, safety, and wellbeing of all children during mealtimes and snack times. This Safer Eating Policy outlines our approach to:

Preventing choking

Managing allergies and dietary needs

Ensuring staff supervision and training

Promoting safe and hygienic food practices

This policy complies fully with the Statutory Framework for the Early Years Foundation Stage (EYFS, Sept 2025) and all relevant food safety legislation.

## Aims

To prevent avoidable choking risks

To safely accommodate all children with allergies or medical dietary needs

To ensure all staff are trained and competent in safer eating practices

To create a calm, supportive, and supervised eating environment

## Choking Risk Prevention

We follow NHS guidance to minimise choking hazards, including:

Avoiding high-risk foods for under-5s (e.g. whole grapes, popcorn, cherry tomatoes, hard raw vegetables)

Cutting round foods lengthwise and into small pieces

Removing pips, stones, skin, and bones where applicable

Ensuring children sit while eating and do not walk, talk, run, or play with food in their mouths

Supervising children at all times during meals/snacks

## Allergy and Dietary Needs Management

We collect and regularly update dietary requirements from parents/carers (allergies, intolerances, religious/cultural preferences)

An Allergy and Dietary Chart is displayed securely in food prep and classroom areas (child's name, allergy, photo, emergency protocol)

Staff follow individual Health Care Plans (HCPs) and emergency protocols (e.g. EpiPen use)

Children with severe allergies are offered alternative foods and have individualised risk assessments

All food labels are checked for allergens by trained staff

No food is given to a child if ingredients cannot be confirmed

## Food Preparation and Hygiene

All food is stored, prepared, and served in line with Food Standards Agency and Environmental Health requirements

Only staff with relevant training handle food

Cross-contamination is prevented using designated equipment and cleaning routines

All cutlery, cups, and plates are age-appropriate and checked for safety

Meal/snack areas are cleaned and disinfected before and after eating

## Supervision and Mealtime Practice

A trained paediatric first aid adult is present at all meals and snacks

Mealtimes are calm, sociable, and well-organised

Children are encouraged to eat safely, try new foods, and follow routines (e.g. sitting down, chewing, not rushing)

Staff are alert to signs of distress, choking, or allergic reaction and respond immediately

No child eats unsupervised at any time

## Training

All relevant staff (including students and lunchtime supervisors) receive training in:

Safer eating and choking risk prevention

Food allergy awareness and emergency response

Food hygiene and cross-contamination prevention

Paediatric First Aid, including how to respond to choking and administer auto-injectors (e.g. EpiPen)

Training is delivered:

At induction

Refreshed annually

Recorded in our staff training log

## Emergency Procedures

In the event of:

Choking: Staff will follow paediatric choking first aid procedure, call for help, and contact emergency services if required

Allergic Reaction: Immediate use of EpiPen (if prescribed), call 999, inform parents, and follow medical plan

All incidents are recorded and reviewed under our safeguarding and first aid protocols

## Parental Responsibility

Parents/carers must:

Provide accurate, up-to-date dietary and medical information

Notify the setting of any changes immediately

Supply prescribed emergency medication (e.g. EpiPens) with valid expiry dates

## Monitoring & Evaluation

The EYFS Lead and Deputy Headteacher are responsible for policy implementation and monitoring

Regular audits of food safety, choking prevention, and allergy procedures are completed

Mealtime practice is observed and reviewed each term

The policy is reviewed annually or in response to incidents, guidance changes, or identified risks

## Policy Review & Approval

Date Reviewed	Reviewed by	Approved by (Governor Committee)	Next Review
July 2025	Fran Gregory Smith Bethan Arthur		July 2026