

EYFS Safer Eating Policy

September 2025



Purpose

This policy outlines the procedures and responsibilities for ensuring safe eating practices in our EYFS setting, in line with the EYFS 2025 Statutory Framework.

1. Staff Responsibilities During Mealtimes & Snack Time

- A **Paediatric First Aid (PFA)** trained staff member must be present whenever children are eating
- Staff must **face children during mealtimes** to monitor for choking, allergic reactions, and food swapping
- All incidents of choking or near misses must be **recorded and reviewed regularly** to identify patterns and improve safety
- Food must be prepared in a way that **minimises choking risks**, following government guidance
- Children will be seated in **appropriately sized chairs** during meals
- The eating environment will be kept **calm and distraction-free** to support safe eating

2. Dietary Information and Allergy Management

- Before a child starts, staff must ensure that they have a completed 'Dietary Information' sheet from parents/carers. This will outline:
 - **Dietary requirements**
 - **Food allergies and intolerances**
 - **Health-related food needs**
- Any child with an allergy will have a **nominated staff member** responsible for ensuring food safety.
- **Allergy Action Plans** will be created in consultation with parents/carers and healthcare professionals where needed. These plans will be: reviewed regularly and shared with all relevant staff.

3. Food Hygiene and Staff Training

- All staff involved in food preparation must have **Level 2 Food Hygiene training**
- Staff must also be trained in **Allergy Awareness** and **Health & Safety** relevant to early years.

This policy will be reviewed **annually** or sooner if there are changes in legislation or guidance. All staff will be updated on any changes and retrained as necessary.