Safer Eating and Allergy Management Policy

Author:	N Churchus
Committee:	-
Last Review/Update:	01/09/2025
Level of Change:	-
Next Review:	-

Aspire . Believe . Explore . Achieve

Safer Eating and Allergy Management Policy

(Aligned with EYFS September 2025 Reforms)

Policy Statement

At Meynell Nursery and Primary School, we are fully committed to ensuring that every child's dietary needs are met safely, and that all mealtimes and snack times are managed with the utmost care. This policy outlines our procedures for managing food allergies, special dietary requirements, and choking risks, in full compliance with the latest EYFS 2025 framework.

Allergy and Dietary Needs Management

- Before a child starts at the setting, detailed information will be gathered regarding:
    - Food allergies and intolerances
    - Medical dietary needs
    - Cultural and religious dietary preferences
- This information will be:
    - Documented and stored securely
    - Shared with all staff to ensure awareness and accountability
    - Reviewed regularly and updated if any changes are reported by parents or carers

---

Allergy Action Plans

- For children with known allergies, an Allergy Action Plan will be created in partnership with:
    - Parents or guardians
    - Relevant healthcare professionals
- Action plans will be:
    - Displayed in appropriate areas (e.g., kitchen and eating areas) discreetly and respectfully
    - Regularly reviewed and updated as needed

Named Allergy Lead for Each Child

- All lunch time staff are responsible for checking each child's food before serving, ensuring it is safe and meets their dietary requirements.

Food Preparation and Labelling

- All food will be prepared with allergy awareness in mind:
  - Clear separation of allergen-containing foods
  - Strict prevention of cross-contamination during preparation and serving
  - Labelling of all prepared foods and ingredients where applicable

---

Safe Introduction of Solid Foods

- The introduction of solid foods will be:
  - Planned in consultation with parents or carers
  - Gradually introduced to monitor for allergic reactions
  - Carried out with close supervision and care

Choking Prevention Measures

- Food will be prepared and served in ways that reduce choking risks:
  - Foods will be cut into age-appropriate sizes
  - Whole grapes, cherry tomatoes, and similar foods will be halved or quartered
  - Tough or sticky foods will be avoided for younger children
- Children will be seated during all meals and snacks
- Distractions (toys, running, screens) will be minimised during eating

---

Supervision and Emergency Preparedness

- A Paediatric First Aid (PFA) trained member of staff will be present at all times during meals and snack times
- Staff will sit facing the children to closely observe for signs of choking or allergic reactions
- Children will be closely supervised to prevent food swapping or sharing

---

Incident Management and Reporting

- Any choking incident or allergic reaction will be:
    - Responded to immediately by trained staff
    - Documented in the incident log
    - Reported to parents/carers as soon as possible
- Near-miss incidents will be regularly reviewed to identify patterns and prevent recurrence

---

Staff Training

- All staff involved in food preparation and supervision will receive training in:
    - Food hygiene
    - Allergy awareness
    - Choking prevention
    - EYFS-aligned Paediatric First Aid (PFA)

Parental Communication

- Parents will be informed regularly about:
    - Menus and meal plans
    - Changes in allergy or dietary management procedures
    - Any incidents involving food or allergies

Alignment with EYFS 2025 Changes

This policy reflects the new EYFS 2025 section on Safer Eating, including requirements that:

- All settings nominate a responsible adult to check each child's meal
- A PFA-trained staff member is present at every mealtime
- Action plans are in place for children with allergies
- Staff are trained in choking prevention and early response
- Mealtime environments are designed to enable effective supervision and safety