



## **ST. GREGORY'S CATHOLIC PRIMARY SCHOOL**

### **LITTLE STARS NURSERY**

### **SAFE EATING POLICY (EYFS)**

This policy is written in accordance with the EYFS Statutory Framework, statutory food safety guidance and Department for Education safe eating guidance for children aged 5 and under. All EYFS staff have read and follow the Government safe eating guidance.

#### **Supervision**

Children eat lunch in the dining hall with a paediatric first aid trained supervisor at every table. During snack time, children are supervised by a paediatric first aider. A valid paediatric first aider is always present whenever children are eating.

#### **Safe Food Preparation**

Staff prepare food to minimise choking risks by cutting grapes, strawberries and cherry tomatoes lengthways into quarters, removing pips, stones and bones, slicing hard fruit and vegetables, cutting cheese into strips and avoiding whole nuts, whole seeds, popcorn, marshmallows, jelly cubes and hard sweets.

#### **Safe Eating Practice**

Children are seated appropriately during meals and snacks, remain within sight and hearing of staff at all times and are never left unattended while eating. Staff position themselves to observe children, prevent food sharing and monitor for allergic reactions or choking.

#### **Food and Drink**

Fresh drinking water and plain milk are provided. Foods and drinks identified within Government guidance as unsuitable for children under five are not provided.

#### **Incident Recording**

Any choking incident or near miss requiring staff intervention, including back blows, first aid treatment or other support, will be recorded immediately and parents/carers will be informed as soon as possible on the same day. Records will be reviewed regularly to

identify any patterns, trends or risks and to support ongoing improvements to safe eating practices. Staff will follow the school's accident and incident reporting procedures at all times.