

EYFS Safer Eating Policy

2026 – 2027

Approved by: Governors	**Date: November 2026**
Signed by Chair of Governors: Mrs J. Clarke	**Date: November 2026**
Next review due by: November 2027	

1. Policy Statement

At Belle Vue Primary we are committed to providing a safe, healthy, and inclusive eating environment for all children. We recognise that good nutrition and safe eating practices are essential for children's health, wellbeing, growth, and development.

This policy has been developed in line with the Early Years Foundation Stage (EYFS) Statutory Framework and current Department for Education nutrition guidance. We ensure that all meals, snacks, and drinks provided are healthy, balanced, and nutritious, and that robust procedures are in place to minimise the risk of choking, allergic reactions, and food-related illness.

2. Aims

We aim to:

- Promote healthy eating habits from an early age.
- Provide a safe environment for eating and drinking.
- Reduce the risk of choking incidents.
- Safeguard children with allergies, intolerances, and medical dietary requirements.
- Support children's independence and positive relationships with food.
- Ensure all staff understand their responsibilities regarding food safety and safer eating practices.

3. Roles and Responsibilities

SLT

SLT will:

- Ensure this policy is implemented and reviewed annually.
- Maintain up-to-date records of children's dietary, medical, cultural, and religious requirements.
- Ensure staff receive appropriate food hygiene, allergy awareness, and paediatric first aid training.
- Monitor compliance with EYFS requirements and food safety legislation.

Staff

Staff will:

- Follow safer eating procedures at all times.
- Supervise children during meals and snacks.
- Be familiar with individual dietary requirements and allergy management plans.
- Promote positive attitudes towards healthy eating.
- Report any concerns, incidents, or near misses immediately.

4. Healthy Eating and Nutrition

At Belle Vue we will:

- Provide meals, snacks, and drinks that are healthy, balanced, and nutritious.
- Encourage children to try new foods without pressure.
- Ensure fresh drinking water is available and accessible throughout the day.
- Limit foods and drinks high in sugar, salt, and saturated fat.

- Consider cultural, religious, medical, and ethical dietary needs.

Parents/carers will be encouraged to provide healthy packed lunches where applicable.

5. Safer Eating Procedures

To reduce the risk of choking:

Supervision

- Children will always be within sight and hearing of a responsible adult while eating.
- Staff will remain vigilant throughout meal and snack times.
- Children will be encouraged to sit down calmly while eating and drinking.
- Running, walking around, playing, or lying down while eating will not be permitted.

Food Preparation

Staff will prepare food in age-appropriate ways to reduce choking risks, including:

- Cutting grapes, cherry tomatoes, and similar foods lengthways.
- Slicing hard fruits and vegetables appropriately for children's age and stage of development.

6. Allergies and Special Dietary Requirements

Before admission and whenever changes occur, parents/carers must provide information regarding:

- Food allergies.
- Food intolerances.
- Medical dietary requirements.
- Religious or cultural dietary preferences.

The setting will:

- Maintain an up-to-date allergy register.
- Display allergy information discreetly for staff use.
- Implement individual allergy management plans where required.
- Prevent cross-contamination during food preparation and serving.
- Ensure all staff know how to respond to allergic reactions and anaphylaxis.

Medication such as adrenaline auto-injectors will be stored and administered according to the child's healthcare plan.

7. Food Hygiene and Safety

We will comply with food hygiene legislation and maintain high standards of cleanliness by:

- Following effective handwashing procedures.
- Cleaning and sanitising food preparation areas regularly.
- Monitoring expiry dates.
- Ensuring food handlers are competent and appropriately trained.

8. Young Children

We will:

- Work with the stage, not age of the child when preparing food to be eaten safely.
- Respect individual feeding schedules and dietary requirements.

9. Emergency Procedures

In the event of a choking incident:

1. Staff will follow paediatric first aid procedures immediately.
2. Emergency services will be contacted if required.
3. Parents/carers will be informed as soon as possible.
4. The incident will be recorded and reviewed.

At least one person with current paediatric first aid training will be available in accordance with EYFS requirements.

10. Working with Parents and Carers

We will:

- Communicate regarding allergies, dietary needs, and changes in eating habits.
- Promote healthy eating messages consistently between home and the setting.
- Encourage parents to inform us promptly of any changes affecting their child's dietary requirements.

11. Monitoring and Review

This policy will be reviewed annually, following any significant incident, or when changes are made to EYFS requirements or nutrition guidance.

References

This policy is informed by the Department for Education's EYFS statutory framework and Early Years Foundation Stage nutrition guidance, including the requirement that meals, snacks, and drinks are healthy, balanced, and nutritious, and that providers implement safer eating practices.