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Central:	Trust-wide, applicable at trust and school levels. Schools may not make any changes or adaptations

Safer Eating Policy

Dr South's CE Primary School

Approved by:	**Estates & Safeguarding**
Date:	**August 2025**
Next review date:	**August 2026**

Adopted by school:	**Dr South's CE Primary School**
Date:	**September 2025**

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1. Purpose

This policy aims to ensure a safe, inclusive, and healthy eating environment for all children in the Early Years Foundation Stage and wider school including those with allergies, medical conditions, or specific dietary needs.

This policy is based on requirements from:

- **EYFS Statutory Framework (2023)**
- **Food Safety Act 1990**
- **Food Standards Agency guidance**
- **Health and Safety at Work Act 1974**
- **Allergy guidance: Natasha's Law**

2. Scope

This policy applies to all EYFS and school staff, children, parents/carers, volunteers, and visitors involved in food handling, preparation, or supervision of mealtimes.

3. Key Principles

- **Safety First:** Eating practices must prioritize the prevention of choking, allergic reactions, and foodborne illnesses.
- **Inclusion and Respect:** Children's cultural, religious, and dietary requirements must be respected and accommodated.
- **Positive Mealtime Environment:** Mealtimes are calm, social experiences where children are supported and encouraged to eat healthily and independently.

4. Choking Prevention

- Staff must **supervise all children closely** at all times during meals and snacks.
- Children must always be **seated while eating or drinking**—no eating while walking, running, or playing.
- EYFS staff involved in supervising children when they are eating must hold a Paediatric First Aid Certificate (12-hour course). Staff supervising in other areas of the school must hold an Emergency Paediatric First Aid Certificate (6-hour course).
- **High-risk foods** (e.g., whole grapes, cherry tomatoes, hard sweets, popcorn, large chunks of meat/cheese) must be appropriately prepared—e.g., **grapes and cherry tomatoes must be sliced lengthwise.**
- Encourage children to **chew food thoroughly** and eat **slowly**.
- **No nuts or nut-containing products** are permitted on site to reduce allergy and choking risks.

5. Allergy and Dietary Needs Management

- A **comprehensive allergy/dietary needs register** must be kept, regularly updated, and made accessible to all staff.
- Children with allergies must have **clearly labelled individual meal plans.**
- All food and drink must be **checked for allergens** before being given to a child.
- Staff must receive **annual allergy and anaphylaxis training.**
- **Emergency medication** (e.g., EpiPens) must be easily accessible, and staff must be trained in its use.
- There are clear procedures for **avoiding cross-contamination** of allergens.
- Meals and snacks comply with government guidance on h**ealthy balanced diets** for early years.
- Water and milk are offered throughout the day; sugary drinks are avoided.
- Sweets, high-sugar and high-salt foods are limited.

6. Food Hygiene and Handling

- Staff involved in food prep must complete **Food Hygiene Level 2 training or other appropriate course that is commensurate with their role.**
- Hands must be **washed thoroughly** before and after handling food.
- All food must be **stored and served at safe temperatures.**
- Only **approved suppliers** should be used for meals and snacks.
- Food preparation areas must be kept **clean and sanitised** at all times.

7. Communication with Parents and Carers

- Parents must provide **full and updated information** about their child's dietary needs and allergies upon registration.
- Only **approved packed lunch items** are permitted; guidance is provided on safe and healthy options.
- Parents must be reminded **not to send in food to share** (e.g., birthday treats) unless approved and allergen-checked by staff.

8. Staff Roles and Responsibilities

- The **EYFS Leader** is responsible for implementing and monitoring this policy in EYFS.
- All staff must **follow this policy consistently** and report any incidents or concerns.
- All mealtime incidents (e.g., choking, allergic reactions) must be recorded and reported immediately to SLT and parents via Smartlog and the school's reporting mechanism.

9. Monitoring and Review

- This policy will be reviewed **annually** or in response to a significant incident or update in guidance.
- Regular **risk assessments** of food safety procedures will be carried out.

10. Emergency Procedures

- In case of choking, staff must follow the **approved first aid response** and call emergency services if necessary.
- For allergic reactions, staff must follow the child's **Individual Healthcare Plan** and administer emergency medication as trained.