

The Federation of Boskenwyn & Germoe Schools

Early Years Safer Eating Policy

Statement of Intent

The purpose of this policy is to ensure that children in our care are provided with a safe eating environment that supports healthy eating, minimises food-related risks, and ensures compliance with the Early Years Foundation Stage (EYFS) statutory framework, including the changes introduced in September 2025.

Key Principles

- Ensure all meals and snacks are nutritious, well-balanced, and cater to the individual dietary needs of children.
- Promote healthy eating habits from an early age.
- Safeguard children from food-related risks, including choking hazards and food allergies.

We will ensure that we meet the requirements of the Early Years Foundation Stage Statutory Framework – (effective 01 September 2025) which states that:

Paediatric First Aid: 3.63

Whilst children are eating there will always be a member of staff in the room with a valid paediatric first aid certificate (criteria set out in Annex A). Paediatric First Aid training is completed every 3 years. A Training Matrix identifies when this training needs to be updated.

Special Dietary Requirements :3.64

Before a child is admitted to our setting we will obtain information about any special dietary requirements, preferences, food allergies and intolerances that the child has, and any special health requirements. This information will be updated regularly and shared with all staff involved in the preparing and handing of food. At each mealtime and snack time there will be a named practitioner who is responsible for checking that the food being provided meets all the requirements for each child.

Allergies: 3.65

We will ensure that Paediatric First Aid Training includes allergy information and how to treat anaphylaxis and ensure that all staff are aware of the symptoms and treatments for allergies and anaphylaxis. I/we will work with parents and or carers and where appropriate, health professionals to develop allergy action plans for managing any known allergies and intolerances. This information will be kept up to date and shared with all staff. All staff will be trained to understand that children can develop allergies at any time, especially during the introduction of solid foods.

Choking: 3.67, 3.68, 3.69

We will risk assess and prepare food in a way to prevent choking. This will include cutting up food to appropriate sizes, not giving risky food. All staff will be trained in knowing how to support children if they are gagging or choking.

Children in EYFS will be seated safely in an appropriately sized low chair when eating, in a designated eating space, with minimal distractions.

Children will always be within sight and hearing of a member of staff. Staff will sit facing the children when they are eating, so they can make sure children are eating in a way to prevent choking, to prevent food sharing and be alerted to an unexpected allergic reaction.

Record Keeping: 3.70

If a child experiences a choking incident, this information will be recorded and shared with parents/carers. These records should be reviewed regularly, and any themes or trends will be addressed to reduce the risk of choking. Appropriate action will be taken to address concerns.

Useful information

Early Years Foundation Stage Statutory Framework – (effective 01 September 2025):

https://assets.publishing.service.gov.uk/media/687105a381dd8f70f5de3ea9/EYFS_framework_for_group_and_school_based_providers.pdf

Early Years Foundation Stage nutrition guidance:

https://assets.publishing.service.gov.uk/media/687105a381dd8f70f5de3ea9/EYFS_framework_for_group_and_school_based_providers.pdf

British Society for Allergy and Clinical Immunology-BSACI allergy plan:

<https://www.bsaci.org/resources/allergy-action-plans/>

Food allergy: <https://help-for-early-years-providers.education.gov.uk/health-and-wellbeing/nutrition/food-allergies-and-intolerances>

NHS: (www.nhs.uk)

Anaphylaxis-NHS: (www.nhs.uk)

Weaning-Start for life-NHS: (www.nhs.uk)

Food safety-Help for early years providers: GOV.UK

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Safer Eating Policy Review: Autumn 2026

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