



# High Wych CE Primary School



*SUCCESS AND EXCELLENCE WITHIN A CARING CHRISTIAN  
ENVIRONMENT*

## EYFS Safer Eating Policy

Policy Review	
Staff Consulted	January 2025
Approved by Governing Body	January 2025
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# EYFS Safer Eating Policy

## 1. Introduction

The EYFS Framework requires providers to take all necessary steps to keep children safe and well - and you must be confident that those responsible for preparing and handling food in your setting are competent to do so.

## 2. What it Says in the EYFS Framework

Staffing arrangements must meet the needs of all children and ensure their safety. You must ensure that children are adequately supervised, including whilst eating.

Before a child is admitted to the setting, you must obtain information about any special dietary requirements, preferences and food allergies that the child has, and any special health requirements.

There must be an area which is adequately equipped to provide healthy meals, snacks and drinks for children as necessary. There must be suitable facilities for the hygienic preparation of food for children, if necessary, including suitable sterilisation equipment for babies' food. You must be confident that those responsible for preparing and handling food are competent to do so. In group provision, all staff involved in preparing and handling food must receive training in food hygiene.

## 3. Staff Knowledge and Understanding

At High Wych, we endeavour to ensure that our EYFS staff hold a paediatric first aid certificate and so there are multiple, trained members of staff available when children are present, including during mealtimes.

All staff are aware of who the paediatric first aiders are and where to find them and a photo list kept in the school office for reference. Settings must be confident that those responsible for preparing and handling food are competent to do so. Therefore, all staff involved in preparing and handling food will receive appropriate training in food hygiene. Annual training for staff will ensure that all staff are aware of the symptoms and treatments for allergies and anaphylaxis, the differences between allergies and intolerances and that children can develop allergies at any time.

Where useful, staff will refer to the NHS advice on food allergies: Food allergy - NHS ([www.nhs.uk](http://www.nhs.uk)) and treatment of anaphylaxis: Anaphylaxis - NHS ([www.nhs.uk](http://www.nhs.uk)).

## 4. Food Preparation

Staff working with children of EYFS age must prepare food in a way to prevent choking. The following guidance will be adhered to when preparing food in order to reduce the risk of choking:

- Remove any stones and pips from fruit before serving

- cut small round foods, like grapes, strawberries and cherry tomatoes, lengthways and into quarters
- Cut large fruits like melon, and hard fruit or vegetables like raw apple and carrot into slices instead of small chunks
- Soften hard fruit and vegetables (such as carrot and apple) and remove the skins when first given to babies from around 6 months
- Sausages should be avoided due to their high salt content, but if offered to children these should be cut into thin strips rather than chunks and remove the skins
- Remove bones from meat or fish
- Do not give whole nuts to children under five years old
- Do not give whole seeds to children under five years old
- Cut cheese into strips rather than chunks
- Do not give popcorn as a snack
- Do not give children marshmallows or jelly cubes from a packet either to eat or as part of messy play activities as they can get stuck in the throat

#### Foods to avoid up to 5 years

- Nuts, especially peanuts, can cause severe allergic reactions in some children and all settings should have an allergy plan in place. Whole nuts, peanuts and seeds should not be given to children under 5 years old as they pose a choking risk.
- Raw eggs, or food containing partially cooked eggs, for example uncooked cake mixture and runny boiled eggs (unless they have the red lion stamp or you see the words "British Lion quality").
- Foods high in salt such as: sausages, bacon, crackers, crisps, ready meals and takeaways.
- Sugar - both in sugary snacks and by not adding sugar to food.
- Foods high in saturated fat such as biscuits, crisps and cakes.
- Fresh pate (meat, fish or vegetable-based) to reduce the risk of food poisoning.
- Unpasteurised milk, milk drinks and cheese, mould-ripened cheeses and soft blue-veined cheese, to reduce the risk of food poisoning. However, these cheeses can be used as part of a cooked recipe as listeria is killed by cooking.
- Shark, swordfish and marlin as the levels of mercury in these fish can affect a child's developing nervous system.
- Raw shellfish to reduce the risk of food poisoning, and make sure any shellfish you use is thoroughly cooked.
- Raw jelly cubes - these are a choking hazard.

*From Food safety - Help for early years providers - GOV.UK (education.gov.uk)*

#### 5. Allergies

Early years settings and your food provider should work closely with families to support children with allergies or intolerances. As part of the [EYFS framework](#), you are required to obtain information about children's special dietary requirements - including food allergies and intolerances - before they attend, and record and act on the information provided about children's dietary needs.

There should be a protocol in place which is accessible to all staff, to ensure everyone is aware of individual children's allergies and symptoms.

Understanding which allergens are present in every meal and snack you provide is an important step in providing food which is safe for children with food allergies and intolerances. Since 2014, all food businesses, including early years settings, have been required by law to give details about the allergens in the food they provide.

## 6. Hygiene

Food should be stored, prepared and presented in a safe and hygienic environment. This is especially important when providing food for young children, as they may have a low resistance to food poisoning. It is also important that children are taught basic hygiene themselves, such as not eating food that has fallen on the floor and washing their hands with soap and warm water before eating meals or snacks and after going to the toilet or handling animals.

All surfaces for preparing or eating food will be washed accordingly, especially chopping boards, with hot soapy water. Tea towels, kitchen cloths or sponges can harbour lots of germs, so will be washed or replaced regularly.

Further information on food hygiene:

- Children's food: safety and hygiene - NHS ([www.nhs.uk](http://www.nhs.uk))
- Safer food, better business (SFBB) Food Standards Agency
- Safer food, better business for childminders Food Standards Agency  
<https://www.food.gov.uk/business-guidance/safer-food-better-business-sfbb>

## 7. Safety at Mealtimes

Children must be adequately supervised, including whilst eating. Children will never be left alone whilst eating and staffing arrangements will always be made to meet the needs of all children and ensure their safety, ensuring staffing is in place to ensure they are supervising an appropriate number of children, and not distracted whilst doing so.

Children must always be within sight and hearing of a member of staff whilst eating sitting on appropriately sized low chairs.

Choking can be completely silent therefore it is important for staff to be alert to when a child may be starting to choke. Where possible, staff will always sit/stand facing children whilst they eat so they can make sure children are eating in a way to prevent choking and so they can prevent food sharing and be aware of any unexpected allergic reactions.

### **Useful resources**

<https://www.foundationyears.org.uk/>

<https://www.earlystartgroup.com/nutrition-services/preparing-food-safely-to-reduce-the-risk-of-choking/>

<https://www.youtube.com/watch?v=wCjZLbejZm8>

[https://www.rospa.com/resources/hubs/keeping-kids-safe-\(1\)/choking](https://www.rospa.com/resources/hubs/keeping-kids-safe-(1)/choking)

<http://www.kscmp.org.uk/guidance/eatsafe>

<https://help-for-early-years-providers.education.gov.uk/safeguarding-and-welfare/food-safety#food-safety-advice-for-children-age-5-and-under>

<https://www.nhs.uk/conditions/baby/weaning-and-feeding/food-allergies-in-babies-and-young-children/>

<https://www.nhs.uk/conditions/food-allergy/>

<https://www.allergyuk.org/>

<https://www.food.gov.uk/business-guidance/allergen-guidance-for-food-businesses>