Ladygrove Primary School and Nursery

EYFS Safer Eating Policy

Written E Barrow

Due for review September 2026

Our Vision - 'Every day counts, every minute matters!'
At Ladygrove, we believe in developing learners who can embrace opportunities and face challenges both in and outside of the classroom.
We believe in educating the individual, fostering talents that are not just academic but developing sporting and musical interests, which are nurtured and encouraged.

Ladygrove Primary School and Nursery 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 (See Office)

Special Dietary Requirements :3.64

Before a child is admitted to Ladygrove Primary School and Nursery 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

At Ladygrove Primary School and Nursery 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. 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 using a choking tube (or similar) to check food sizes, 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.

All children will be seated safely in a chair or 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 chocking 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

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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