Netherton Moss Primary School

EYFS

Safer Eating Policy
2026



Staff recognise that mealtimes and snack times present potential risks, particularly choking and allergic reactions and appropriate precautions are taken at all times.

To promote safer eating, we will:

- Ensure children are always within sight and hearing of a member of Paediatric First Aid trained staff while eating.
- Ensure a member of staff with a current full Paediatric First Aid qualification is available in accordance with EYFS requirements during mealtimes and snack times.
- Supervise children closely and ensure they sit while eating and drinking.
- Prepare food in a way that reduces the risk of choking and is appropriate for each child's age and stage of development.
- Cut high-risk foods in line with current Food Standards Agency guidance. This includes, where appropriate cutting grapes, cherry tomatoes and other small round foods lengthways and into quarters, removing stones and pips from fruit, cutting hard fruit and vegetables into thin slices, removing bones from meat or fish, and never serving whole nuts, popcorn, hard sweets or similar choking hazards to children under 5 years of age.
- Ensure food is served at a safe temperature.
- Maintain accurate records of children's allergies, intolerance, cultural and medical dietary requirements and ensure these are shared with all relevant staff.
- Follow individual healthcare plans from children with allergies or medical dietary needs, including the safe storage and administration of emergency medication where prescribed.
- Minimise the risk of cross-contamination when preparing and serving food.
- Record and report any choking incident or allergic reaction in accordance with the school's accident and safeguarding procedures, inform parents promptly and review practice where necessary.

Staff model safe eating behaviours by remaining attentive during mealtimes encouraging children to chew food thoroughly, eat at a sensible pace and avoid talking or walking while eating. Positive conversations during meals help create a calm and enjoyable environment while maintaining children's safety.

Parents are encouraged to support safer eating practices by preparing packed lunches in accordance with current guidance and ensuring food is suitable for their child's developmental stage and prepared to minimise choking risks.