

St. Mary's CE Primary School

EYFS Safer Eating Policy

All the activities in St Mary's School are carried out in the Christian spirit and should promote the school values of Faith, Family and Future – Building a positive future for all as part of God's loving family.

St. Mary's is a UNICEF Rights Respecting School which prides itself in providing equal opportunities for all members of its family regardless of disability, religion, sexual orientation, culture, gender, ethnic origin, colour or age. All pupils have access to the curriculum, and the right to a learning environment which dispels ignorance, prejudice or stereotyping.

This policy is aligned with the Statutory Framework for the Early Years Foundation Stage (September 2025) and the Early Years Foundation Stage Nutrition Guidance (May 2025).

Intent

At St Mary's CE Primary School, the safety and wellbeing of our children are at the heart of everything we do. In line with the EYFS 2025 statutory framework and the Early Years nutrition guidance, this policy sets out how staff in the EYFS class ensure that children eat safely, with reduced risks of choking, allergic reactions, and other food-related hazards.

This policy applies to:

- All staff and volunteers working with children in the EYFS class (ages 3–5)
- Lunchtime supervisors, teaching assistants, and catering staff when supporting children at mealtimes.
- Breakfast and Afterschool Club Staff
- Parents and carers providing packed lunches.

Supervision

- A paediatric first aid (PFA) trained member of staff will always be present in the dining hall or classroom whenever children in Nursery or Reception are eating.
- Staff will ensure children remain within sight and hearing at all times during meals and snacks.
- Staff will closely supervise children at their tables during lunch, ensuring they remain within sight and hearing and can intervene promptly if required.
- During snack times, staff will closely supervise children by sitting alongside them, encouraging safe eating habits while maintaining vigilance for any signs of choking or allergic reactions.

Dietary Needs and Allergies

- On entry, parents provide full details of their child's dietary requirements, allergies, intolerances, and health conditions. This information is held by the school office and displayed (confidentially) in classrooms and the kitchen.

- Each child with an allergy has an Individual Healthcare Plan, agreed with parents and, where necessary, medical professionals.
- A named key adult (class teacher or lunchtime organiser) checks food provision for children with allergies before it is served.
- Children are not permitted to share food under any circumstances.

Food Preparation and Choking Prevention

- Grapes, cherry tomatoes, and similar foods cut lengthways and into quarters. Fruits such as plums need cutting and the stone removing.
- Some hard fruit/veg such as carrots may be grated, cooked, or cut into thin strips.
- No nuts, seeds, popcorn, hard sweets, or other high-risk foods.
- Sausages/skinned foods cut lengthways into strips (not rounds).

Eating Environment

- Nursery and Reception children eat in a calm, structured environment:
- EYFS children eat their lunch in the school hall
- Children sit at age-appropriate tables and chairs.
- Mealtimes are free from running, playing, or distractions.
- Staff encourage an unhurried pace, supporting children to chew thoroughly and swallow before speaking.
- Mealtimes are also used to promote our Christian ethos of community and thankfulness, with prayers said before meals.

Incident Response

If a child chokes:

- The nearest adult will apply first aid procedures immediately.
- A PFA-trained member of staff must take the lead.
- An ambulance will be called if required.

If an allergic reaction occurs:

- The child's Individual Healthcare Plan followed (e.g. use of prescribed medication).
- Emergency services called if required.
- Parents contacted immediately (after emergency services are called, if required).

All incidents will be recorded on CPOMs, reported to parents on the same day and reviewed termly to improve practice.

Staff Training

- All EYFS staff (teachers, TAs, lunchtime supervisors) and Breakfast and Afterschool Club staff receive Paediatric First Aid (PFA) training
- All EYFS staff and Breakfast and Afterschool Club staff receive food hygiene training.
- Annual review of updates on choking prevention and food safety.

Parental Partnership

- Parents are informed of this policy when their child starts in our EYFS class
- Families are expected to:

- Provide up-to-date allergy/health information.
- Follow safer eating guidance for packed lunches.
- Work in partnership with staff during weaning and dietary transitions.

This policy was adopted by: St. Mary's CE Primary School, Davyhulme Date:	Date: September 2025
To be reviewed: September 2026 (or earlier if required)	Signed:

St. Mary's CE Primary School

Packed Lunch Guidance for Parents

Safe & Healthy Options

- Fresh fruit (e.g. sliced banana, de-stoned plums, orange segments, grated apple, soft pear)
- Vegetables (e.g. cucumber sticks, cooked carrot batons, cherry tomatoes cut into quarters)
- Sandwiches/wraps
- Pasta, rice, couscous, or salad
- Dairy (e.g. yoghurt pots, cheese slices, grated cheese)
- Water (school provides fresh drinking water daily and children bring a full water bottle daily)

Foods to Avoid (Choking Risk)

- Whole grapes or cherry tomatoes (must be cut lengthways into quarters if included)
- Whole nuts, seeds, popcorn
- Sausages or hot dog-style foods unless cut lengthways into thin strips
- Raw carrot sticks or hard apple slices (grate, cook, or cut into thin strips instead)
- Hard sweets, boiled sweets, boiled lollies or chewing gum
- Large chunks of crusty bread/rolls (cut into bite-sized pieces)

If your child has an allergy please ensure you have informed school.

Additional Notes

- Please provide food in containers your child can open independently.
- Packed lunches should reflect our commitment to healthy lifestyles and safe eating practices.
- Treats (e.g. small biscuits, cake) may be included occasionally but not daily

Avoid food sharing

Please remind your child not to swap or share food.