



## **HOLY TRINITY R.C. PRIMARY SCHOOL BRIERFIELD**

### **SAFE EATING POLICY**

#### **Process**

This policy was discussed and amended by the whole school community. The final draft was approved by the full governing body.

#### **Rationale**

The purpose of this policy is to ensure that snack and mealtime routines within our setting are safe, inclusive and support children's health, wellbeing and development in line with the EYFS statutory framework and Early Years Foundation Stage Nutrition Guidance (2025).

#### **Aims**

- To reduce the risk of choking and ensure all children eat safely under adult supervision
- To promote healthy eating habits and positive social interactions at mealtimes
- To ensure all staff understand and follow safe food practices, including allergy awareness and hygiene
- To meet legal and best-practice standards in paediatric first aid and food safety

#### **Staff Training**

- All staff are paediatric first aid trained and confident in dealing with choking or medical emergencies
- Staff receive induction and ongoing training in:
  - *Safe preparation and serving of food*
  - *Allergy and dietary needs management*
  - *Supervision and safe seating during meals*
  - *Encouraging healthy practices*

#### **Snack and Mealtime Procedures**

- Children are always seated at a table during snack and meal times- eating or drinking on the move is not permitted

- Staff sit with the children to model safe eating behaviours and support social interaction
- Staff visually observe all children throughout snack and mealtime to ensure safe eating and assist when needed
- Food is prepared and cut according to age-appropriate safety guidance (e.g. grapes halved lengthways, food cut into manageable sizes)

### **Allergy and Dietary Requirements**

- A record of each child's dietary requirements and allergies is maintained and displayed discreetly in food areas
- Staff are responsible for checking all ingredients before serving any food
- Parents/carers must inform the setting immediately of any changes to allergies or dietary needs

### **Hygiene and Food Safety**

- Staff and children wash their hands before and after eating
- Surfaces are cleaned and sanitised before meals are served
- Food is stored, prepared and handled in line with food hygiene standards and in the healthy eating policy

### **Emergency Procedures**

- In the event of a choking incident, trained staff will act immediately following paediatric first aid guidelines
- Emergency services will be contacted as necessary and parents will be informed
- All incidents are recorded and reviewed to prevent recurrence

### **Monitoring and Review**

The policy will be reviewed annually or sooner if there are changes in the EYFS statutory guidance or food safety legislation

### **Related Policies**

- Health and Safety policy
- First Aid policy
- Allergy and Food Management policy

Date: 1.9.2025

Signed on behalf of School:

Signed on behalf of Governing Body:

