

Low Road and Windmill Music Federation and Windmill Daycare



**Low Road and Windmill
Music Federation**

EYFS Safer Eating

September 2026

Introduction

The purpose of this Safer Eating Policy is to ensure that all children in our care are supported to eat safely in a calm, positive, and supervised environment. We are committed to reducing the risk of choking and other eating-related incidents by following evidence-based guidance and promoting safe eating practices at all times.

This policy sets out the procedures for preparing and serving food, supervising children during meals and snacks, supporting children according to their age and stage of development, and responding appropriately to any emergencies. We recognise that every child has individual dietary, medical, cultural, and developmental needs, and we work closely with parents and carers to ensure these are understood and met safely.

All staff are responsible for implementing this policy consistently, undertaking appropriate training, and maintaining a safe eating environment that promotes children's health, wellbeing, and independence. This policy supports our safeguarding responsibilities and complies with the requirements of the Early Years Foundation Stage (EYFS) statutory framework and relevant food safety and health and safety legislation. It will be reviewed regularly to ensure it reflects current legislation, national guidance, and best practice. All staff members will receive paediatric first aid training.

Key principles for healthy

- **Provide healthy, balanced and nutritious meals and snacks** that meet the nutritional needs of children aged 0–5 years and support healthy growth and development.
- **Offer a variety of foods** from the four main food groups, encouraging children to experience different tastes, textures and colours to develop positive eating habits.
- **Serve age-appropriate portion sizes** to meet children's nutritional needs without encouraging overeating
- **Promote healthy eating as part of children's learning and development**, helping children establish lifelong healthy eating habits and reducing health inequalities.

Food allergies and dietary and requirements

We are committed to providing a safe eating environment for all children, including those with allergies, intolerances, medical conditions, or cultural and religious dietary requirements.

- Parents and carers must inform the setting of any allergies or dietary requirements before their child starts and notify us promptly of any changes.
- All allergies and dietary needs will be recorded and shared with relevant staff. Individual healthcare or allergy management plans will be followed where required.
- Staff will ensure children receive the correct food and will take steps to prevent cross-contamination during food preparation and serving.
- Children will be supervised during all meals and snacks and will not be encouraged to share food or drinks.
- All staff will receive allergy awareness training and know how to recognise and respond to an allergic reaction. Emergency medication will be readily accessible and administered in accordance with the child's healthcare plan.

- In the event of a suspected anaphylactic reaction, staff will administer emergency medication if prescribed, call 999 immediately, and inform parents or carers as soon as possible.
- We will work closely with parents and carers to ensure all dietary information remains accurate and that children's individual needs are met safely.

Allergy Safety and Benedict's Law

From September 2026, strengthened statutory requirements for allergy safety in schools, commonly referred to as Benedict's Law, place greater emphasis on preventing, recognising and responding to allergic reactions and anaphylaxis. These requirements complement the safeguarding and welfare requirements within the Early Years Foundation Stage (EYFS), including those relating to safer eating. Our setting recognises that food allergies can cause serious and potentially life-threatening reactions. We therefore take a proactive approach to allergy management across our EYFS provision and will ensure that children with allergies are able to participate safely and inclusively in all aspects of setting life.

To support this, we will:

- obtain information about each child's food allergies, intolerances, dietary requirements and relevant medical needs before admission, and ensure this information is kept up to date;
- ensure children with diagnosed allergies have an appropriate Allergy Action Plan/Individual Healthcare Plan, developed with parents/carers and relevant healthcare professionals where required;
- maintain clear and accessible records of children with allergies and ensure that staff who care for, supervise or provide food for children are aware of individual requirements;
- ensure all staff receive appropriate allergy and anaphylaxis awareness training, including recognising the signs of an allergic reaction and anaphylaxis and knowing what action to take in an emergency;
- ensure relevant staff are confident and competent in the use of adrenaline auto-injectors (AAIs) and understand the setting's emergency procedures;
- ensure prescribed emergency medication is readily accessible, appropriately stored and accompanies the child where necessary, including during outdoor activities, trips and visits;
- where applicable under Benedict's Law and associated statutory guidance, maintain appropriate spare adrenaline auto-injectors for emergency use and ensure staff understand when and how these may be administered;
- have robust procedures to reduce the risk of cross-contact with allergens, including during food preparation, serving, eating, baking, celebrations and other food-related activities;
- check food ingredients and allergen information carefully and ensure appropriate information is shared between staff, parents/carers and catering providers;
- ensure children are appropriately supervised while eating and that staff responsible for supervising meals and snacks understand the individual allergy needs of the children in their care;
- ensure that children with allergies are included rather than unnecessarily excluded from meals, celebrations, curriculum activities, trips and other experiences, with appropriate risk assessments and reasonable adjustments made;
- record and review allergic reactions, serious allergy incidents and near misses, using these to strengthen practice and reduce the likelihood of recurrence; and
- work in partnership with parents/carers, recognising that effective communication between home and the setting is essential to maintaining children's safety.

- Ensure all staff are up to date with paediatric first aid as well as completing Allergy and Anaphylaxis Training for Schools and Asthma Awareness for Educational Settings

Emergency Response to Suspected Anaphylaxis

Staff must treat a suspected severe allergic reaction as a medical emergency. Where anaphylaxis is suspected, staff will follow the child's Allergy Action Plan and emergency procedures, administer an adrenaline auto-injector without unnecessary delay where indicated and call 999, stating that anaphylaxis is suspected. A child who has received adrenaline must always receive emergency medical assessment, even if their symptoms appear to improve. Parents/carers will be contacted as soon as practicable, but contacting parents must not delay emergency treatment or the calling of an ambulance. Following any allergic reaction, anaphylaxis incident or significant near miss, the setting will review what occurred, including food handling, communication, supervision, medication availability and staff response. Any necessary changes to the child's risk assessment, Allergy Action Plan or setting procedures will be implemented promptly.

Weaning

- We will work in partnership with parents and carers to support each child's weaning journey in line with current health guidance and the child's individual stage of development.
- Parents will be consulted before introducing new foods, and their wishes and home routines will be respected.
- Foods offered will be appropriate for the child's age, developmental stage, and ability to eat safely.
- Children will always be supervised while eating and encouraged to sit upright during meals and snacks.
- Staff will introduce a variety of suitable foods and textures at a pace appropriate to the child, promoting healthy eating habits and independence.
- Individual dietary needs, allergies, and cultural or religious requirements will be considered throughout the weaning process.

Safer Eating Practise during Mealtimes

To promote safe eating and reduce the risk of choking, we will:

- Ensure children are always supervised while eating and drinking. one member of staff will serve children food whilst the other members of staff will remain seated at all times to supervise children eating
- Support children to sit appropriately at a table during mealtimes
- Provide food that is suitable for each child's age, stage of development and ability to chew and swallow.
- Ensure that all food is age and stage appropriate and ensure high-risk foods (such as grapes, cherry tomatoes and sausages) are cut into appropriate sizes and removing stones, pips and bones where necessary.
- Encourage children to eat slowly, chew thoroughly and avoid talking, laughing or walking while eating.
- Never force a child to eat and support them to develop healthy eating habits at their own pace.

- Ensure all staff receive training in safer eating practices, choking prevention and paediatric first aid.
- Follow the setting's procedures for responding to choking incidents and seek emergency assistance when required.
- Work in partnership with parents and carers to meet each child's individual dietary, medical and developmental needs.

Choking Prevention and Response

We are committed to reducing the risk of choking by providing a safe eating environment and following recognised safer eating practices.

- Children will always be closely supervised while eating and encouraged to sit upright at a table or in a suitable highchair.
- Food will be prepared according to current guidance, with high-risk foods modified appropriately for the child's age and stage of development.
- Children will be encouraged to eat slowly, chew their food thoroughly, and avoid walking, running, playing or talking with food in their mouths.
- Staff will never leave a child unattended while eating or drinking.
- All staff will receive training in choking prevention, recognising the signs of choking, and paediatric first aid.
- In the event of a choking incident, staff will respond immediately by following current paediatric first aid procedures, calling 999 where appropriate, and informing parents or carers as soon as possible.
- All choking incidents will be recorded, reviewed and, where necessary, used to improve practice and reduce future risks.

Reception – Safer Eating and Snack Time

During all mealtimes in Reception, children will be appropriately supervised while eating, with staff positioned to ensure that children can be seen and monitored effectively. There will be at least one member of staff with a current Paediatric First Aid (PFA) certificate present in the dining hall while Reception children are eating. Staff will remain alert to signs of choking, allergic reaction or other concerns and will respond immediately in accordance with the setting's emergency procedures.

Snack time will be a structured, seated experience, with children remaining seated while eating and drinking to reduce the risk of choking. Snack time will be incorporated into story time, providing a calm and purposeful environment. One member of staff will read and engage children with the chosen story, supporting a love of reading, language development, listening and literacy skills, while another member of staff will be positioned specifically to observe and supervise children while they eat. The supervising practitioner's primary responsibility during this time will be safer eating, ensuring that children are eating safely and that any signs of choking, difficulty swallowing or allergic reaction are identified and acted upon immediately.

This approach enables snack time to provide valuable opportunities for social interaction, communication and literacy development while maintaining children's safety as the overriding priority.

Monitoring and Review

- It is the responsibility of all of Daycare Staff to follow this policy. The Head of EYFS and SLT will carry out monitoring of the policy. This policy is also underpinned by the whole school policy relating to Allergy and Anaphylaxis Action Plan

The policy will be reviewed before the start of each academic year.

A .Swan – EYFS Leader

Review: September 2027