



Forton Primary School

Safer Eating Policy

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). This policy supports the guidance with the expectations for safer eating in the Early Years Foundation Stage which can also be applied to other school years as good practice.

In line with the EYFS 2025 statutory framework and the Early Years nutrition guidance, this policy sets out how staff in the EYFS and across the school 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 EYFS (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 are eating.
- Staff will ensure that they remain with Pre-School and Reception children at all times during meals and snacks 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 put into registers for staff. If a child has an allergy their picture and allergen is displayed (confidentially) in the kitchen.
- Any foods that a child in school is allergic to cannot be brought into school. E.g no peanuts in school.
- Children are not permitted to share food under any circumstances.

Eating Environment

Nursery and Reception children eat in a calm, structured environment:

- EYFS children eat their lunch in the workshop with 2 adults always present.
- Children sit at tables with stools.
- Mealtimes are free from running, playing, or distractions.
- Staff encourage an unhurried pace, supporting children to chew thoroughly and swallow before speaking.

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:

Recognising an allergic reaction

Mild to Moderate Symptoms

- Itchy skin, rash, or hives
- Red or watery eyes
- Swelling of lips, face, or eyes
- Abdominal pain, vomiting



Severe Reaction (Anaphylaxis)

- Difficulty breathing or wheezing
- Swelling of tongue or throat
- Difficulty speaking or swallowing
- Dizziness, fainting, or collapse

Immediate Action

If Mild Symptoms Only:

- Stay with the pupil and keep them calm
- PFA-trained staff member to take the lead
- Administer antihistamine if prescribed
- Continue to monitor for worsening symptoms

If Anaphylaxis is Suspected:

- **Call 999 immediately**
 - Say: *"suspected anaphylaxis"*
- **Administer adrenaline auto-injector** if available
- **Lay the person flat** (or sit up if breathing is difficult)
- **Do not leave them alone**
- If no improvement after 5 minutes → **give a second injector if available**

- Parents contacted immediately (after emergency services are called, if required). All incidents will be recorded, reported to parents on the same day and reviewed to improve practice.

Staff Training

- All EYFS staff (teachers, TAs, lunchtime supervisors) and Breakfast and Afterschool Club staff receive Paediatric First Aid (PFA) 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.