



Limes Farm Infants School & Nursery
**EYFS SAFER EATING AND FOOD SAFETY
POLICY**

Ratified by Governors: October 2026
To be reviewed: *October 2027*



EYFS ISafer Eating and Food Safety Policy

1. Principle and Rationale

At Limes Farm Infant School and Nursery, the safety, health, and emotional well-being of our children are at the heart of everything we do. We are committed to providing an inclusive, safe, and supportive environment where children develop positive, healthy relationships with food while enjoying mealtimes safely.

We ensure that all pupils have equal access to nutritious food and drinks regardless of disability, religion, culture, gender, or ethnic origin. No child will be treated less favourably because of complex dietary requirements, medical conditions, or food allergies.

This policy complies with statutory frameworks and guidance, including:

- Statutory Framework for the Early Years Foundation Stage (EYFS)
- EYFS Safer Eating Guidance (Department for Education)
- The Food Safety Act 1990 and Food Hygiene Regulations
- Natasha's Law (PPDS - Prepacked for Direct Sale Food Labelling)
- The Equality Act 2010
- The Health and Safety at Work etc. Act 1974
- School Food Standards (DfE statutory guidance)

2. Policy Aims

1. Provide healthy, balanced, and nutritious meals, snacks, and drinks that promote lifelong well-being.
2. Create a calm, safe, and social eating environment that encourages independence, proper chewing habits, and positive table manners.

3. Rigorously manage and minimise risks associated with food allergies, anaphylaxis, choking, and food-borne illnesses.
4. Promote good oral health by restricting sugary foods/drinks and facilitating healthy hydration.
5. Work in close partnership with parents, carers, and external catering partners to ensure individual dietary, cultural, and medical needs are fully met.

3. Scope and Operational Responsibilities

This policy applies to:

- ❖ All employed school staff, key workers, teaching assistants, and volunteers working across Nursery and Reception classes (ages 3–5).
- ❖ Lunchtime supervisors and catering staff assisting children during mealtimes.
- ❖ Parents and carers providing packed lunches or home-prepared snacks.

Note on External Providers: External catering providers (Accent Catering) and external wraparound care providers (Breakfast Club and After School Club) operate under their own aligned safety, hygiene, and allergy management policies, ensuring full regulatory compliance across all extended provisions.

4. Policy Exemptions and Special Occasions

While the school enforces statutory nutritional standards daily, formal DfE School Food Standards exemptions apply during:

- ❖ Cultural or religious celebrations and class parties.
- ❖ School fundraising events.
- ❖ Occasional rewards for effort or achievement.
- ❖ Curriculum-based food technology and cookery lessons.

Crucial Safeguarding Guardrail: Mandatory safety protocols—including strict choking prevention rules, adherence to Individual Healthcare Plans, allergy checks,

and adult supervision—remain in full force during all exempt events without exception.

5. School Food Provision and Healthy Packed Lunches

- ❖ School Lunches: Freshly prepared school meals provided by Accent Catering meet all statutory School Food Standards. Menus are published on the school website for parental review.
- ❖ Universal Infant Free School Meals (UIFSM): All Reception (Year R) children are entitled to a free, hot school lunch daily.
- ❖ Nursery Packed Lunches: Nursery children attending full-day sessions bring a packed lunch from home. Parents are supported with guidance based on national early years nutrition recommendations.
- ❖ Healthy Lunchbox Guidance: For home-prepared packed lunches, families are strongly encouraged to include:
 - A starchy food (e.g. bread, rice, pasta, or potatoes).
 - A protein source (e.g. beans, pulses, eggs, fish, poultry, or meat).
 - A dairy or calcium-rich item (e.g. cheese or yogurt).
 - Fresh vegetables, salad, and a portion of fruit.
 - Plain water for hydration.

6. Birthday Celebrations and External Trips

- ❖ School Trips: Packed lunches supplied for off-site visits must adhere to standard healthy packed lunch guidelines.
- ❖ Birthday Treats: To protect children with life-threatening allergies, children are strictly prohibited from bringing food, cakes, or sweets from home to distribute for birthday celebrations.

7. Hydration and Oral Health

- ❖ Fresh Drinking Water: Clean drinking water is accessible to all children throughout the school day.

- ❖ **Milk Provision:** Fresh milk is offered to Nursery and Reception children during designated daily snack sessions.
- ❖ **Prohibited Drinks:** Fruit juices, squashes, flavoured waters, and fizzy drinks are strictly prohibited in setting due to high sugar content, artificial sweeteners, and the risk of dental caries.

8. Supervision Standards

- ❖ **Paediatric First Aid (PFA):** At least one staff member holding a current, full Paediatric First Aid certificate will be present in the dining space or classroom whenever children in Nursery or Reception are eating.
- ❖ **Active Monitoring:** Children must remain within clear sight and hearing of staff at all times during snacks and meals. Staff sit alongside children to encourage social interaction, prompt thorough chewing, and intervene immediately if distress or choking occurs.
- ❖ **Snack Routines:** Nursery operates a structured rolling snack; Reception utilizes an integrated circle-time snack routine. Both settings enforce seated eating under direct adult supervision.

9. Allergy Management and Individual Healthcare Plans

- ❖ **Information Collection:** Parents must declare all allergies, dietary requirements, and medical conditions prior to admission. This data is stored securely, displayed confidentially in staff spaces/kitchens, and briefed to all relevant staff.
- ❖ **Individual Healthcare Plans (IHPs):** Children with diagnosed medical allergies or complex dietary needs will have an IHP created in consultation with parents, the SENCo, and healthcare professionals.
- ❖ **Pre-Meal Food Checks:** A designated key adult must verify food items against the child's IHP before any food is served or consumed.
- ❖ **Strict "No Sharing" Rule:** Children are never permitted to swap or share food, snacks, or drinks under any circumstances.

10. Choking Prevention and High-Risk Food Preparation

To eliminate choking risks, specific preparation standards must be observed:

- ❖ Nursery Provision (Aged 3–4):
 - Grapes, Cherry Tomatoes, and Soft Fruits: Must be cut lengthways into quarters (never served whole or sliced into rounds).
 - Hard Fruits and Vegetables (Apples, Carrots): Must be grated, cooked until soft, or sliced into thin, lengthways strips.
 - Stone Fruits (Plums, Cherries): Must be pitted and sliced into small, manageable pieces.
- ❖ Reception Provision (Aged 4–5):
 - Children in Reception are supported to eat whole fruits and vegetables, promoting fine motor skills and independent eating under direct supervision in accordance with age-appropriate developmental guidance.

Prohibited High-Risk Items (Across All Early Years Provision):

- ❖ Whole nuts, hard sweets, chewing gum, and whole small round foods are strictly banned from the school site.

11. Incident Response Protocols

Choking Emergency Response:

- ❖ The nearest staff member must intervene immediately following standard Paediatric First Aid protocols (e.g. back blows/chest thrusts).
- ❖ The designated PFA lead takes control of the response.
- ❖ Emergency Services (999) must be called immediately if the airway remains obstructed or the child loses consciousness.

Allergic Reaction Response:

- ❖ Administer the child's prescribed medication (e.g. antihistamine or Adrenaline Auto-Injector / AAI) immediately in strict accordance with their Individual Healthcare Plan.
- ❖ Call Emergency Services (999) if an AAI is administered or if anaphylaxis is suspected.
- ❖ Contact parents/carers immediately.

Logging and Audit: All food-related medical incidents, choking events, or allergic reactions must be logged immediately on CPOMS, reported to parents on the same day, and reviewed by the SLT to inform risk assessments.

12. Staff Training and Qualifications

- ❖ All Early Years staff (teachers and teaching assistants) hold valid Paediatric First Aid (PFA) certification.
- ❖ Relevant staff complete accredited training in basic Food Hygiene and Allergy Awareness.
- ❖ Staff undergo annual refresher briefings covering choking prevention, food preparation standards, and anaphylaxis management.

13. Links to Other School Policies

This policy links to and should be read alongside the following school policies:

- ➔ Whole School Safeguarding and Child Protection Policy
- ➔ Health and Safety Policy
- ➔ Supporting Pupils at School with Medical Conditions Policy
- ➔ First Aid Policy
- ➔ Intimate and Personal Care Policy
- ➔ Safer Sleep and Spontaneous Rest Policy
- ➔ Whole-School Allergy and Anaphylaxis Safety Policy