



# Langley Mill Church of England (Controlled) Infant School and Nursery



## SAFER EATING POLICY

*Always our best for God, each other and ourselves.*

This policy has been impact assessed in the light of  
all other school policies and the  
Equality Act 2010.

| Written /<br>Reviewed by | Date           | Changes Made |  | New<br>Policy/Version |  | Next Review Date |
|--------------------------|----------------|--------------|--|-----------------------|--|------------------|
| Suzanne Gardner          | September 2025 |              |  | Yes                   |  | September 2026   |
|                          |                |              |  |                       |  |                  |

At Langley Mill Church of England Infant School and Nursery we are committed to ensuring the highest standards of pastoral care for our children. The 2025 reforms to the Early Years Foundation Stage Statutory Guidance features a new Safer Eating section.

This Safer Eating Policy sets out how we meet the statutory requirements set by the Early Years Foundation Stage (EYFS) Framework (2025) to ensure that every child eats safely in a nurturing, supervised and inclusive environment.

### **Allergy & Dietary Requirement Management**

Before a child attends our School, an admissions form will be completed. This contains a section on allergies, intolerances and dietary requirements. If the child is staying for school dinners a dietary request form will be completed for Derbyshire County Council's Catering Department so they can ensure the child has a meal that is suitable for them. All staff involved with serving meals or snacks are made aware of allergies and dietary requirements for a child. Parents are requested to update forms regularly or if there are any changes.

### **Staff Training and Supervision**

We ensure staff responsible for preparing and handling food are competent to do so. In our school staff involved in preparing and handling food hold a food hygiene certificate; these are refreshed as per the requirements (currently 3 yearly). There will always be at least one member of staff holding a Paediatric First Aid certificate present in the room with the children when they are eating meals and snack times in the EYFS. The staff remain alert and supervise choking risk, prevent food sharing among children as well as monitor children for signs of an allergic reaction.

### **Weaning and Introductions of Solids**

Discussions are had with parents/carers before a child starts in our setting around their stage of development. No assumptions are made on age alone. Staff support children to progress through stages of eating, in partnership with parents/carers if required.

### **Choking Prevention Measures**

Preparing for the possibility of choking ensures staff are ready to respond should it occur. Staff always remain vigilant whilst children are eating. Staff follow government guidance on safe food preparations to reduce the risk of choking (posters up in all areas food is prepared), such as cutting food into age-appropriate sizes and avoiding high risk foods unless prepared appropriately. Children are seated at chairs and tables for breakfast and lunch times. Despite preventative measures, it is still possible for a child to choke, which is why we have Paediatric First Aiders present when children are eating meals across the whole school and snack times in the EYFS.

First Aid boxes are easily accessible in all areas children are eating. All staff know where these are kept and all staff who hold a Paediatric First Aid certificate and competent in the use of the contained equipment.

### **Incident Recording and Review**

If a child experiences a choking incident requiring intervention, details are recorded promptly, including what the child choked on, how the incident occurred, action taken, and any lessons

learned. Parents are immediately informed by phone call and if back blows are administered it is recommended, they take their child to be assessed by a doctor.

Choking incident logs will be reviewed periodically to identify if there are any patterns or common features and actions will be taken to reduce future risk of choking.