Beacon Primary Academy



Safer Eating Policy
2026-27

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Role: Deputy Principal

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EYFS Safer Eating Policy

Purpose:

This policy is designed to promote a safe, inclusive, and healthy eating environment for all children in the Early Years Foundation Stage and across the wider school community, including those with allergies, medical conditions, and specific dietary requirements.

This policy is based on requirements from:

- EYFS Statutory Framework (2023)
- Food Safety Act 1990
- Food Standards Agency guidance
- Health and Safety at Work Act 1974
- Allergy guidance: Natasha's Law

This policy applies to all EYFS and school staff, children, parents/carers, volunteers, and visitors involved in food handling, preparation, or supervision of mealtimes.

Key Principles

- **Safety First:** Eating practices must prioritise the prevention of choking, allergic reactions, and foodborne illnesses.
- **Inclusion and Respect**: Children's cultural, religious, and dietary requirements must be respected and accommodated.
- **Positive Mealtime Environment**: Mealtimes are calm, social experiences where children are supported and encouraged to eat healthily and independently.

Choking Prevention

- Staff must supervise all children closely at all times during meals and snacks.
- Children must always be seated while eating or drinking-no eating while walking, running, or playing. In reception, a continuous snack area is available, where children must sit to eat their snack- this is explicitly taught.
- Members of the EYFS staff are Paediatric First Aid trained.
- High-risk foods must be appropriately prepared or removed from the offer.
- Encourage children to chew food thoroughly and eat slowly.

• No nuts or nut-containing products are permitted on site to reduce allergy and choking risks.

Allergy and Dietary Needs Management

• A comprehensive allergy/dietary records are kept and regularly updated. These are made accessible to all staff. Special lunches will be made available for children with allergies, where required.

• Children in reception that stay for school meals are prebooked by parents on 'Parent Pay' where necessary dietary requirements can be considered when booking meals.

- Where parents have recorded allergies, this information will be transferred to our Cypad system where staff responsible for allocating children food will be made aware of the allergy with an automatic alert. Adults can ensure the correct meal is being allocated and allergies have been considered.

• Appropriate training is provided for staff where necessary. E.g use of EpiPen

• Emergency medication (e.g., EpiPens) are easily accessible

• There are clear procedures for avoiding cross-contamination of allergens.

• Meals and snacks comply with government guidance on healthy balanced diets for early years.

• Water and milk are offered throughout the day; sugary drinks are avoided.

Food Hygiene and Handling

• Meals are prepared by the school catering team who have received appropriate levels of training.

• Hands must be washed thoroughly before and after handling food.

• All food must be stored and served at safe temperatures- e.g Milk is stored in the fridge until use.

• The school uses school fruit suppliers for daily snacks.

• When undertaking activities involving food, preparation areas are kept clean and always sanitised and children/adults ensure their hands are washed thoroughly.

Communication with Parents and Carers

• Parents must provide full and updated information about their child's dietary needs and allergies upon registration.

• Sweets and fizzy drinks are prohibited- this information is shared at the start of the academic year.

• Parents must be reminded not to send in food to share unless it is prepacked and allergen-checked by staff.

Staff Roles and Responsibilities

• The EYFS Leader is responsible for implementing and monitoring this policy in EYFS.

• All staff must follow this policy consistently and report any incidents or concerns.

• All mealtime incidents (e.g., choking, allergic reactions) must be recorded and reported immediately to SLT and parents with an immediate phone call.

Monitoring and Review

• This policy will be reviewed annually or in response to a significant incident or update in guidance.

Emergency Procedures

• In case of choking, staff must follow the approved first aid response and call emergency services if necessary.

• For allergic reactions, staff must follow the child's Individual Healthcare Plan and administer emergency medication as trained.