



Safer Eating Policy

Bramley Church of England Infant and Nursery School

Policy effective from September 2026

Approved by Local Committee

Last reviewed on September 2026

Next review due by September 2029

Version history

Version	Description of change	Author	Approved
1.0	Original version	Naomi Strickland (Headteacher) and Kate Muncer (Deputy Head/EYFS lead)	School

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).

Intent

At Bramley Church of England Infant and Nursery School, the safety and wellbeing of our children are at the heart of everything we do. In line with the EYFS 2026 statutory framework and the Early Years nutrition guidance, this policy sets out how staff in the EYFS 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 the EYFS (ages 2–5)
- All staff including Lunchtime supervisors, teaching assistants, and catering staff when supporting children at mealtimes or snack times.
- Parents and carers providing packed lunches.

Supervision

- A paediatric first aid (PFA) trained member of staff will always be present in the classroom and dining hall for Reception children and in the classroom for Nursery and Pre School children.
- Staff will ensure children remain within sight and hearing at all times during meals and snacks.
- Staff will closely supervise children at their tables during lunch, ensuring they remain within sight and hearing and therefore they can intervene promptly if required. No children will be left unsupervised while eating.
- 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. No children will be left unsupervised while eating.

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 displayed (confidentially) in classrooms and the kitchen.
- Each child with an allergy has an Individual Healthcare Plan, agreed with parents and, where necessary, medical professionals.
- A named key adult (class teacher or lunchtime supervisor) checks food provision for children with allergies before it is served.

- Children with an allergy wear an orange wristband to alert all staff members of an allergy in the lunch hall.
- Children are not permitted to share food under any circumstances.

Food Preparation and Choking Prevention

- Grapes, cherry tomatoes, and similar foods cut lengthways and into quarters. Fruits such as plums need cutting and the stone removing.
- Some hard fruit/veg such as carrots may be grated, cooked, or cut into thin strips.
- No nuts, seeds, popcorn, hard sweets, or other high-risk foods.
- Sausages/skinned foods cut lengthways into strips (not rounds).

Eating Environment

- Nursery and Reception children eat in a calm, structured environment
- Reception children eat their lunch in the school hall and Nursery and Pre School children eat in their classroom.
- Children sit at age-appropriate tables and chairs.
- 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:

- The child's Individual Healthcare Plan followed (e.g. use of prescribed medication, what to do in the event of a reaction).
- Emergency services called if required.
- Parents contacted immediately (after emergency services are called, if required).

All incidents will be recorded on SmartLog, reported to parents on the same day and reviewed termly to improve practice.

Staff Training

All EYFS staff (teachers, TAs, lunchtime supervisors) receive Paediatric First Aid (PFA) training. All Nursery and Pre School staff have up to date Food Safety and Hygiene Level 2 Training.

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.
- Work in partnership with staff during weaning and dietary transitions.

Further information

[Safer Eating in Early Years settings - The Safer Food Group](#)

Early years Food Choking Hazards:

https://assets.publishing.service.gov.uk/media/69c544de23fcbcd838a6f799/Early_Years_Choking_Hazards_Table_English.pdf

[Early Years Foundation Stage nutrition - GOV.UK](#)