



Culgaith CE School

EYFS Safer Eating Policy

Policy Information

Adopted by: Culgaith CE School

Date: September 2026

Review Date: September 2029 (or earlier if required)

Signed: Lynn Dobinson, Head teacher

All the activities in Culgaith CE School are carried out in a Christian spirit and reflect our vision that we are all '**Wonderfully Made**', uniquely created as individual parts of one body. We value the character of every child and strive for all to be ambitious for themselves and their world, enabling everyone to flourish within God's loving community.

Culgaith CE School is committed to providing equal opportunities for all members of its community regardless of disability, religion, sexual orientation, culture, gender, ethnic origin, colour or age. All pupils have access to the curriculum, and the right to a learning environment which dispels ignorance, prejudice and stereotyping.

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 Culgaith CE School, the safety and wellbeing of our children are at the heart of everything we do. In line with the EYFS 2025 statutory framework and the Early Years nutrition guidance, this policy reflects our vision by ensuring that every child—recognised as uniquely “wonderfully made”—is supported to flourish in a safe, nurturing environment.

We aim to develop children's independence, confidence, and awareness of safe eating practices, ensuring they are cared for as valued individuals within our school community.

This policy sets out how staff in the EYFS ensure that children eat safely, reducing risks of choking, allergic reactions, and other food-related hazards.

Scope

This policy applies to:

- All staff and volunteers working with children in the EYFS (ages 3-5)
 - Lunchtime supervisors, teaching assistants, and catering staff supporting children at mealtimes
 - Breakfast and After School Club staff
 - Parents and carers providing packed lunches
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Supervision

- A paediatric first aid (PFA) trained member of staff will always be present whenever EYFS children are eating.
- Staff ensure children remain within sight and hearing at all times during meals and snacks.
- Children are closely supervised at tables so staff can intervene quickly if needed.
- During snack times, staff sit alongside children, modelling and encouraging safe eating habits while remaining vigilant for signs of choking or allergic reactions.

Dietary Needs and Allergies

- On entry, parents provide full details of dietary requirements, allergies, intolerances, and health conditions. This information is securely stored and shared appropriately with relevant staff.
- Each child with an allergy has an Individual Healthcare Plan agreed with parents and, where necessary, medical professionals.
- A named adult checks food provision for children with allergies before it is served.
- Children must not share food under any circumstances.

Food Preparation and Choking Prevention

- Grapes, cherry tomatoes, and similar foods are cut lengthways into quarters.
- Fruits such as plums are cut and stones removed.
- Hard fruits/vegetables (e.g. carrots, apples) are grated, cooked, or cut into thin strips.
- No nuts, seeds, popcorn, hard sweets, or other high-risk foods are permitted.
- Sausages and similar foods are cut lengthways into strips (not rounds).

Eating Environment

- Children eat in a calm, structured environment that reflects our caring Christian ethos.
- EYFS children eat lunch in the school hall.
- Children sit at age-appropriate tables and chairs.
- Mealtimes are free from running, playing, or unnecessary distractions.
- Staff encourage children to eat at an unhurried pace, chewing thoroughly and swallowing before speaking.
- Mealtimes promote community, respect, and thankfulness, helping children understand that they are part of "one body," where everyone is valued.

Incident Response

If a child chokes:

- The nearest adult administers first aid immediately.
- A PFA-trained staff member takes the lead.
- Emergency services are called if required.

If an allergic reaction occurs:

- The child's Individual Healthcare Plan is followed.
- Prescribed medication is administered if needed.
- Emergency services are called if required.
- Parents are contacted as soon as possible.

All incidents are recorded, shared with parents the same day, and reviewed regularly to improve practice.

Staff Training

- All EYFS staff and wraparound care staff hold Paediatric First Aid (PFA) training.
- Staff receive food hygiene training.
- Regular updates on choking prevention and food safety are provided.

Parental Partnership

- Parents are informed of this policy when their child starts in EYFS.
 - Families are expected to:
 - Provide up-to-date allergy and health information
 - Follow safer eating guidance for packed lunches
 - Work in partnership with staff during dietary transitions
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Packed Lunch Guidance for Parents

Safe & Healthy Options

- Fresh fruit (e.g. sliced banana, de-stoned plums, orange segments, grated apple, soft pear)
 - Vegetables (e.g. cucumber sticks, cooked carrot batons, cherry tomatoes cut into quarters)
 - Sandwiches or wraps
 - Pasta, rice, couscous, or salad
 - Dairy (e.g. yoghurt, cheese)
 - Water (children should bring a filled water bottle daily)
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Foods to Avoid (Choking Risk)

- Whole grapes or cherry tomatoes (must be cut lengthways into quarters)
 - Whole nuts, seeds, popcorn
 - Sausages or hot dog-style foods unless cut lengthways into strips
 - Raw carrot sticks or hard apple slices (must be grated, cooked, or finely cut)
 - Hard sweets, boiled sweets, lollies, or chewing gum
 - Large chunks of crusty bread (cut into bite-sized pieces)
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Additional Notes

- Ensure your child's allergy information is up to date with the school.
- Provide food in containers your child can open independently.
- Packed lunches should reflect healthy and safe eating practices.
- Treats may be included occasionally but not daily.

Important:

Children must not share or swap food.