



# St John's Preschool - Policies and Procedures

This policy is written in line with the Early Years Foundation Stage (EYFS) Statutory Framework (effective from September 2025), which includes new requirements on 'Safer Eating' and requires settings to have regard to the DfE's Early Years Foundation Stage nutrition guidance.

## Healthy Eating and Safe Eating Policy

### 1. Introduction and Aims

This policy outlines our commitment to providing children with healthy, balanced, and nutritious meals, snacks, and drinks and to maintaining the highest standards of safe eating practices to prevent choking and manage allergies. This is a safeguarding and welfare requirement under the EYFS Statutory Framework (2025).

### 2. Statutory Context

EYFS Statutory Framework (2025): We meet the requirement that where children are provided with food, it must be healthy, balanced, and nutritious. We adhere to the strengthened safeguarding requirements on Safer Eating.

**Nutrition Guidance:** We have regard to (take into account and follow unless there is good reason not to) the DfE's Early Years Foundation Stage nutrition guidance.

**Paediatric First Aid (PFA):** We always ensure that, when children are eating, there is a member of staff present who holds a valid, full course PFA certificate.

## Healthy Eating Principles

### 3. Food and Drink Provision

**Sugar and Salt:** We limit foods high in sugar, salt, and saturated fat. Fizzy drinks and fruit juice are not routinely offered.

**Hydration:** Fresh drinking water and milk are the only drinks routinely offered. Water is always available to all children.

**Responsive Feeding (Infants):** Staff recognise and respond to hunger and fullness cues (e.g., mouth opening, turning head, turning head away). Feeding is done at the child's pace.



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### 5. Promoting Good Habits

**Mealtimes:** Mealtimes are a social and enjoyable experience. Staff sit with children to model positive eating habits.

**Food Education:** We promote good oral health through education and our curriculum and discourage excessive sugar intake.

**Allergies and Dietary Need:** All staff are aware of any allergies and/or dietary needs the children may have. Parents are made aware of any forbidden foods that they must not send in their children's lunch boxes.

**Hygiene:** We use mealtimes to positively reinforce good hygiene, such as handwashing before eating.

### Safe Eating Procedures (Safer Eating)

### 6. Supervision and Environment

**Close Supervision:** Children are closely observed and listened to while eating and drinking. Staff supervising mealtimes face the children to enable quick reaction to choking or allergic reactions and to prevent food swapping.

**Seating:** Children are seated safely in appropriately sized low chairs while eating.

**Distractions:** We create an environment with minimal distractions during mealtimes.

### 7. Food Preparation for Choking Prevention

To minimise the risk of choking, staff must adhere to the following food preparation guidelines:

**Round Foods:** Small, round foods (e.g., grapes, cherry tomatoes) are always cut lengthways and into quarters.

**Hard Foods:** Hard fruits and raw vegetables (e.g., raw apple, raw carrot) are served in slices, grated, or softened/cooked, not small chunks.

**Sausages:** Cut into thin strips, not chunks, and skins are removed.

**Nuts:** Are not allowed into the setting. Anything sent to preschool that contains nuts



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will be packed back into the child's lunchbox and their parents will be informed and reminded of our no nuts policy.

**Other Hazards:** Stones and pips are removed from fruit. Marshmallows and jelly cubes (from a packet) are never offered due to the high choking risk.

### 8. Managing Allergies and Intolerances

**Designated Staff:** At each mealtime and snack time, a specific staff member must be responsible for checking that the food being served to each child is safe for them to eat, confirming all dietary requirements, allergies, and intolerances are met.

**Information Sharing:** Allergy information, including Action Plans, is kept up-to-date, clearly visible, and regularly shared with all staff.

**Staff Training:** All staff receive training to recognise symptoms of, and know the treatments for, allergies and anaphylaxis, including the correct use of adrenaline auto-injectors (Epipens).

**Emergency Procedure:** In the event of an allergic reaction or choking incident, staff follow the PFA procedure immediately. All choking incidents must be recorded and parents/carers informed.

### 9. Food Safety and Hygiene

**Food Handling:** All food is prepared and served according to our Food Safety Management System (e.g., HACCP or 'Safer Food, Better Business').

**Training:** All staff involved with preparing and handling food are appropriately trained (e.g., Level 2 Food Hygiene).

**Hygiene Rules:** Children are taught and encouraged to wash their hands before eating and after using the toilet.

This policy was adopted by	St Johns Preschool
On	<u>1.09.2025</u>
Date to be reviewed	<u>1.09.2026</u>
Signed on behalf of the provider	<u>E L Spurr</u>
Name of signatory	<u>Emily Spurr</u>



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Role of signatory (e.g. chair, director or owner)	Manager and DSL
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