



THE QUILL C OF E TRUST

Early Years Foundation Stage Safer Eating Policy

This policy is underpinned by the Trust vision 'Enlightening, Enriching, Empowering and Evolving Generations through education'

Version Control

Version	Date	Author	Changes Made
0.1	23.04.26	Jill Dring	New Policy

Policy Statement

The Quill C of E Trust will ensure that we meet the requirements of the Early Years Foundation Stage Statutory Framework (effective from 1st September 2025) which states that:

- **Paediatric First Aid: 3.63**

Whilst children are eating there will always be a member of staff in the room with a valid paediatric first aid certificate (criteria set out in Annex A of EYFS Framework). Paediatric First Aid training is completed every three years. A Training Matrix identifies when this training needs to be updated.

- **Special Dietary Requirements: 3.64**

Before a child is admitted to our setting we will obtain information about any special dietary requirements, preferences, food allergies and intolerances that the child has, and any special health requirements. This information will be updated regularly and shared with all staff involved in the preparing and handing of food. At each mealtime and snack time there will be a named practitioner who is responsible for checking that the food being provided meets all the requirements for each child.

- **Allergies: 3.65**

We will ensure that Paediatric First Aid Training includes allergy information and how to treat anaphylaxis and ensure that all staff are aware of the symptoms and treatments for allergies and anaphylaxis. We will work with parents/carers and where appropriate, health professionals to develop allergy action plans for managing any known allergies and intolerances. This information will be kept up to date and shared with all staff. All staff will be trained to understand that children can develop allergies at any time, especially during the introduction of solid foods.

- **Choking: 3.67, 3.68, 3.69**

We will risk assess and prepare food in a way to prevent choking. This will include cutting food such as grapes, cherry tomatoes and sausages length ways and not giving risky food. All staff will be trained in knowing how to support children if they are gagging or choking. Young children will be seated safely when eating, in a designated space, with minimal distractions.

Children will always be within sight and hearing of a member of staff. Staff will sit facing the children when they are eating, so they can make sure children are eating in a way to prevent choking, to prevent food sharing and be alerted to an unexpected allergic reaction.

- **Record Keeping: 3.70**

If a child experiences a choking incident, this information will be recorded and shared with parents/carers. These records should be reviewed regularly, and any themes or trends will be addressed to reduce the risk of choking. Appropriate action will be taken to address concerns.

Useful information

Food Safety: Help for Early Years providers:

[DfE Guidance - Food Safety](#)

Early Years Foundation Stage Statutory Framework:

[Early Years Foundation Stage Statutory Framework](#)

Early Years Foundation Stage nutrition guidance:

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

British Society for Allergy and Clinical Immunology-BSACI allergy plan:

[BSACI](#)

Food allergy:

[DfE Guidance - Food allergies & intolerances](#)

NHS:

[NHS website for England - NHS](#)

Anaphylaxis-NHS:

[Anaphylaxis - NHS](#)

Weaning: start for life - NHS:

[Weaning and feeding - NHS](#)