



ST MICHAEL & ST JOHN'S R.C. PRIMARY SCHOOL CLITHEROE

SAFE EATING POLICY

Process

This policy was discussed and amended by the whole school community. The final draft was approved by the full governing body.

Rationale

The purpose of this policy is to ensure that snack and mealtime routines are safe, inclusive and promote children's health, wellbeing and development. The school is committed to reducing the risk of choking, promoting healthy eating habits and ensuring that all staff understand their responsibilities in relation to food safety, supervision and allergy management. This policy aligns with the EYFS Statutory Framework and current nutritional guidance for early years settings.

Aims

- To reduce the risk of choking and ensure all children eat safely under adult supervision
- To promote healthy eating habits and positive social interactions at mealtimes
- To ensure all staff understand and follow safe food practices, including allergy awareness and hygiene
- To meet legal and best-practice standards in paediatric first aid and food safety

Staff Training

- Appropriate staff are trained in paediatric first aid and are confident in responding to choking incidents and other medical emergencies. Information regarding trained staff is available within school.
- Staff receive induction and ongoing training in:
 - *Safe preparation and serving of food*
 - *Allergy and dietary needs management*
 - *Supervision and safe seating during meals*
 - *Encouraging healthy practices*

Snack and Mealtime Procedures

- Children are always seated at a table during snack and meal times. Eating or drinking whilst walking, running or playing is not permitted.
- Staff sit with the children to model safe eating behaviours and support social interaction
- Staff visually observe all children throughout snack and mealtime to ensure safe eating and assist when needed
- Food is prepared and cut according to age-appropriate safety guidance (e.g. grapes halved lengthways, food cut into manageable sizes)

Allergy and Dietary Requirements

- Individual healthcare plans and allergy management procedures will be followed for children with identified medical needs.
- A record of each child's dietary requirements and allergies is maintained and displayed discreetly in food areas
- Staff are responsible for checking all ingredients before serving any food
- Parents/carers must inform the setting immediately of any changes to allergies or dietary needs

Hygiene and Food Safety

- Staff and children wash their hands before and after eating
- Surfaces are cleaned and sanitised before meals are served
- Food is stored, prepared and handled in line with food hygiene standards.
- Food is prepared and cut according to current choking prevention guidance (e.g. grapes, cherry tomatoes and similar foods are cut lengthways into appropriate sizes).

Emergency Procedures

- In the event of a choking incident, trained staff will act immediately following paediatric first aid guidelines
- Emergency services will be contacted as necessary and parents will be informed
- All incidents are recorded and reviewed to prevent recurrence
- Following any significant incident, a review will be undertaken to identify any lessons learned and, where necessary, amendments will be made to risk assessments, procedures or staff training.

Monitoring and Review

The policy will be reviewed annually or sooner if there are changes in the EYFS statutory guidance or food safety legislation. The Headteacher and Governing Body will review this policy annually, or sooner if there are changes to statutory guidance, food safety legislation or school procedures.

Related Policies

- Health and Safety policy
- First Aid policy
- Allergy and Food Management policy
- Food Safety – Help for Early Years Providers Gov.uk
- Medical Care Policy
- Intimate Care Policy
- EYFS Policy
- Supporting Pupils with Medical Conditions Policy

Date: 01/09/2026

Signed on behalf of School: Zoe Mabbott

Signed on behalf of Governing Body: Kevin Downes