



St Anthony's Catholic Primary School
An Academy within The Catholic Academy Trust in South Hampshire
'Children in our heart, Christ at the centre'
'We love, we learn and we live'



PRESCHOOL



Name of Policy	Safer Eating Policy
Reference Number	1.8
Date of e-signoff	
Headteacher	Katrina Straker
Chair of Governors	Torion Bowles
Preschool Governor	Anita Fitzpatrick
Preschool Manager	Alison Reid
Date for Review	September 2026

References

[1] [Safer Eating in Early Years Settings General Guidance - KSCMP](#)

[2] [New DfE guidance on early years nutrition coming into effect in ...](#)



PRESCHOOL



1. Policy Statement

St Anthony's Preschool is committed to ensuring that all children are kept safe and healthy during mealtimes. We recognise that mealtimes are a vital part of the day for social development, nutrition, and wellbeing. This policy outlines our approach to safer eating in line with the 2025 EYFS statutory framework and NHS & Department for Education (DfE) nutrition guidance.

2. Aims

- To prevent choking and other food-related incidents.
- To ensure all food and drink provided is healthy, balanced, and nutritious.
- To support children with allergies, intolerances, and dietary or cultural needs.
- To promote a positive, inclusive, and safe mealtime environment.

3. Key Principles

3.1 Understanding the Child

- Pre-enrolment discussions with parents/carers will include detailed conversations about each child's:
 - Eating habits and feeding development
 - Allergies, intolerances, and medical conditions
 - Cultural or religious dietary requirements
- A personalised crib sheet will be created for children, detailing food textures, supervision needs, and any special considerations.

3.2 Food Preparation and Hygiene

- All meals, snacks, and drinks will be prepared in line with the DfE's 2025 nutrition guidance, including:
 - Age-appropriate portion sizes
 - Safe textures for developmental stages
 - Clear labelling and separation of allergen-free meals[2].
- Staff handling food will be trained in food hygiene and paediatric first aid.

3.3 Supervision and Environment

- Children will always be seated upright during meals, in highchairs or low chairs as appropriate.
- One-to-one or small group supervision will be maintained during eating times, with staff seated face-to-face with children.
- Children will never be left alone while eating[1].
- Distractions will be minimised to ensure staff can focus on supervision.

References

[1] [Safer Eating in Early Years Settings General Guidance - KSCMP](#)

[2] [New DfE guidance on early years nutrition coming into effect in ...](#)

3.4 Choking Prevention and Response

- Foods known to pose a choking risk (e.g. whole grapes, hard raw vegetables, popcorn etc) will be modified or avoided, with lists of the potential foods readily available to staff.
 - Staff will be trained to recognise and respond to choking incidents.
 - A paediatric first aider will always be present during mealtimes.
 - All incidents will be recorded, reviewed, and used to inform future practice.
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4. Communication with Parents and Carers

- Ongoing dialogue will be maintained regarding:
 - Changes in dietary needs or feeding development
 - Introduction of new foods or textures
 - Any concerns raised by staff or parents
 - Quantity of food eaten during lunch and snack times
 - Parents are encouraged to share updates regularly and will be informed of any incidents or changes to their child's eating plan.
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5. Staff Training and Responsibilities

- All staff involved in food preparation or supervision will:
 - Complete regular training in food hygiene and choking response
 - Be familiar with each child's crib sheet
 - Understand the TRUSTS Cycle (Talk to parents, Record, Understand, Supervise, Texture, Stage not age)[\[1\]](#).
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6. Monitoring and Review

- The policy will be reviewed annually or following any serious incident.
- Regular audits of mealtime practices will be conducted.
- Feedback from staff and parents will be used to improve procedures.

References

[1] [Safer Eating in Early Years Settings General Guidance - KSCMP](#)

[2] [New DfE guidance on early years nutrition coming into effect in ...](#)