



# **EYFS FOOD SAFETY & NUTRITION POLICY**

**APPROVED: SEPTEMBER 2025**

## **1. INTRODUCTION AND AIMS**

This policy has been developed in accordance with the Early Years Foundation Stage (EYFS) requirements and with regard to the Early Years Foundation Stage Nutrition Guidance, May 2025. It recognises that good nutrition is fundamental to children's health, development, and learning outcomes. The school also has a main Healthy Eating & Drinking Policy which is applied in EYFS.

### **Our Aims:**

Our primary aim is to provide nutritious, balanced meals and snacks, supporting children's optimal growth and development during the Early Years. We are committed to creating positive mealtime experiences, not only supporting children's physical development, but also promoting lifelong healthy eating habits through enjoyable, social dining experiences. The safety and wellbeing of all children remains paramount during all aspects of food preparation, serving, and consumption, with robust procedures in place to protect every child in our care.

- We recognise that we have a responsibility and duty of care for those who work in and receive a service from our provision, but individual employees and service users also have responsibility for ensuring their own safety as well as that of others. Risk assessment is the key means through which this is achieved.
- Our Kitchen/Snack Area procedures in our Health & Safety Policy are followed for general hygiene and safety in food preparation areas.
- We provide nutritionally sound meals and snacks which promote health and reduce the risk of obesity and heart disease that may begin in childhood.
- We follow the main advice on dietary guidelines and the legal requirements for identifying food allergens when planning menus based on the four food groups:
  - meat, fish, and protein alternatives
  - milk and dairy products
  - cereals and grains
  - fresh fruit and vegetables.

- Following dietary guidelines to promote health also means taking account of guidelines to reduce risk of disease caused by unhealthy eating.
- Parents share information about their children's particular dietary needs with staff when they enrol their children and on an on-going basis with the EYFS staff. This information is shared with all staff who are involved in the care of the child.
- Foods provided by the school for children have any allergenic ingredients identified on the menus.
- Care is taken to ensure that children with food allergies do not have contact with food products that they are allergic to.
- Risk assessments are conducted for each individual child who has a food allergy or specific dietary requirement.

### **Legal references**

Early Years Foundation Stage Nutrition Guidance May 2025

Regulation (EC) 852/2004 of the European Parliament and of the Council on the hygiene of foodstuffs.

Food Information Regulations 2014

The Childcare Act 2006

### **Further guidance**

*Safer Food Better Business* for Caterers (Food Standards Agency)

<https://www.food.gov.uk/businessguidance/safer-food-better-business-for-caterers>

## **2. STAFF SUPERVISION AND SAFETY REQUIREMENTS**

### **2.1 Staff Positioning During Meals**

All staff members are required to see pupils whilst eating, ensuring continuous visual supervision and the ability to respond immediately to any situation that may arise, particularly choking incidents.

### **2.2 First Aid Requirements**

When Early Years children are eating, a member of staff holding either a current Paediatric First Aid qualification or a current Full Paediatric First Aid qualification must be present. This essential safety requirement applies to all meal and snack times without exception, ensuring that should any emergency arise, particularly choking incidents which can occur silently and require immediate intervention, appropriately trained staff are immediately available to respond. Staff rotas are carefully arranged to ensure this requirement is consistently met,

with first aid qualified staff clearly identified and their qualifications maintained through regular updates and renewal programmes.

### **3. PRE-ADMISSION REQUIREMENTS**

#### **3.1 Essential Information Required:**

Before any child joins the school community, we obtain comprehensive information about their dietary requirements, which may stem from cultural, religious, or personal family preferences that are integral to their identity and wellbeing. We gather detailed information on food preferences and familiar foods that enable children to feel comfortable and secure in their new environment. Critical to child safety, we collect thorough documentation, details regarding any food allergies, including medical information and emergency procedures that must be followed in the event of an adverse reaction. Additionally, we record information about food intolerances, documenting associated symptoms and the specific management strategies that have proven effective for each individual child. We also gather information about any special health requirements that may impact nutrition or feeding practices, ensuring we can provide appropriate care that supports each child's individual needs.

### **4. MEAL AND SNACK PROVISION**

#### **4.1 Nutritional Standards**

Waterside has regard for the Early Years Foundation Stage Nutrition Guidance, May 2025, and follows these guidelines unless there are documented reasons for alternative approaches.

#### **4.2 Meal Scheduling**

Meals and snacks are thoughtfully provided at regular intervals throughout the day, with careful attention to children's natural rhythms and nutritional needs. Portion sizes are carefully calibrated to be age-appropriate while allowing children the opportunity to request additional servings, supporting their natural ability to self-regulate their intake. Our mealtimes are deliberately designed to be relaxed, calm occasions, encouraging shared conversation and social interaction, creating positive associations with food and eating that will benefit children throughout their lives.

#### **4.3 Food Quality and Variety**

- Waterside Primary Academy has food provided by a meal provider from an external kitchen which is delivered daily by 11.30 am. The school meal provider refers to Eat Better, Start Better (Action for Children 2017) and Example menus for Early Years settings in England (PHE 2017)

which contains guidance on menu planning, food safety, managing food allergies and reading food labels.

- The head teacher is responsible for ensuring that the food follows these regulations and is of a good quality for all children.
- The school meal provider and all staff responsible for preparing food have undertaken appropriate training.
- The academy trust is responsible for overseeing the work of the meal provider and all food handlers to ensure hygiene and allergy procedures are complied with.

### **Purchasing and storing food**

- Food (e.g. for snacks) is purchased from reputable suppliers.
- Pre-packed food (any food or ingredient that is made by one business and sold by another such as a retailer or caterer) is checked for allergen ingredients and this information is communicated to parents alongside menu information. For example, a meat pie bought at a supermarket or a tin of baked beans or the ingredients for a recipe prepared on site.
- If food that is not pre-packed (described as 'loose food'), such as sandwiches bought from a bakery is served, then allergen information will have been provided by the retailer, this information must then be shared in the same way with parents.
- Parents are requested not to bring food that contains nuts. Staff check foods to make sure they do not contain nuts or nut products.
- Bulk buy is avoided where food may go out of date before use.
- Dried packaged food is not decanted from packaging into large bins or containers as this prevents monitoring of sell by/use by dates and allergen information.
- Food is regularly checked for sell by/use by dates and any expired items are discarded.
- Items are not stored on the floor; floors are kept clear so they can be easily swept.
- Perishable foods such as dairy produce, meat and fish are to be used the next/same day. Soft fruit and easily perishable vegetables are kept in the fridge at 1- 5 Celsius.
- Packaged frozen food should be used by use by dates.
- Food left over should not be frozen unless it has been prepared for freezing, such as homemade bread or stews. Hot food should be left to cool for up to 1.5 hours and then quickly frozen.
- Freezer containers should be labelled, dated and used within 1-3 months.
- Fridge and freezer thermometers should be in place. Recommended temperatures for fridge 37 degrees Fahrenheit (3 degrees Celsius), and freezers 0 degrees Fahrenheit (-18 degrees

Celsius). Temperatures must be checked and recorded daily to ensure correct temperatures are being maintained.

- Freezers are defrosted every 3 months or according to the manufacturer's instructions. □  
Meat/fish is stored on lower shelves and in drip-free dishes.
- Fruit and vegetables stored in the fridge are washed thoroughly before refrigeration to reduce risk of pests and E.coli contamination.
- Staff's own food or drink should be kept in separate designated area of the fridge; where possible, a fridge should be kept in the staff room to avoid mix ups.
- Items in fridges must be regularly checked to ensure they are not past use by dates.

## 5. RESPONSIBILITY AND MONITORING

### 5.1 Designated Responsibility

At each mealtime and snack time, there is a designated member of staff responsible for checking that the food being provided meets all requirements for each child.

### 5.2 Daily Checks Include:

Our daily monitoring ensures that each child's special dietary requirements are met with accuracy, consistency, and careful attention to individual needs. Allergenic foods are robustly managed through appropriate separation, labelling, and handling procedures that eliminate cross-contamination risks.

### 5.3 Parents

We prioritise regular, meaningful communication with parents about their child's eating patterns, sharing both successes and any areas where additional support might be beneficial. Conversations with parents may be verbal or through the school app Dojo. Weekly menus are available to parents. Ready access to the menus enables parents to make informed decisions about complementary meals and snacks provided at home.

## 6. ALLERGY AND SPECIAL DIETARY MANAGEMENT

### 6.1 Allergy Management

We have individual care plans for children with food allergies, working closely with parents and healthcare professionals to ensure all aspects of the child's condition are understood and managed appropriately. Clear labelling and physical separation of allergenic foods is maintained throughout our food preparation, storage, and serving processes.

All staff receive thorough training on recognising the early signs of allergic reactions and responding appropriately, including when and how to seek emergency medical assistance. Emergency medication prescribed for individual children is kept readily available in designated, easily accessible locations, in a red labelled bag.

## 7. DRINKS PROVISION

### 7.1 Healthy Drink Options

Water and milk serve as our primary drink offerings, recognising these as the healthiest options for supporting both dental health and overall physical development in young children. Milk is offered at morning snack time.

## 8. CHILD INVOLVEMENT AND INDEPENDENCE

### 8.1 Active Participation

Children are actively involved in age-appropriate food preparation activities supporting their development while building positive relationships with food and cooking.

Food exploration activities are incorporated into our broader learning programme, using cooking and food preparation as natural opportunities to develop fine motor skills, mathematical concepts, scientific understanding, and cultural awareness.

## 9. CELEBRATIONS AND SPECIAL OCCASIONS

Cultural and religious celebrations are recognised and incorporated in ways that respect diverse traditions while maintaining a commitment to healthy eating practices.

## 9 HEALTH AND SAFETY

### 9.1 Food Safety

All aspects of food preparation, storage, and serving are conducted in strict accordance with current food safety regulations, with regular monitoring and documentation to ensure consistent compliance. Temperature monitoring of refrigeration and cooking equipment is conducted regularly and systematically, with records maintained to demonstrate ongoing food safety management. All staff involved in food handling receive comprehensive training in food hygiene principles, with regular refresher training provided to ensure knowledge remains current with evolving best practices. Throughout all food-related activities, we maintain a clean and hygienic eating environment that supports both health and the enjoyment of mealtimes. Those preparing food have relevant food safety qualifications.

## 9.2 Choking Prevention

Continuous, attentive supervision is maintained during all eating times, with staff positioned to observe all children clearly and respond immediately to any signs of difficulty. All staff receive thorough training in choking response procedures, including recognition of choking signs and appropriate emergency interventions, with regular practice sessions to maintain competency. Seating arrangements are deliberately planned to ensure clear visibility of all children and enabling rapid response to any emergency situation.

This policy demonstrates our commitment to providing the highest standards of nutrition and food safety for all children in our care, while supporting overall development and wellbeing

### **Further guidance**

[Eat Better, Start Better \(Action for Children 2017\) www.foundationyears.org.uk/eat-better-startbetter/](http://www.foundationyears.org.uk/eat-better-startbetter/)

[Example Menus for Early Years Settings in England \(PHE 2017\)](http://www.gov.uk/government/publications/example-menus-for-early-years-settings-in-england)

[www.gov.uk/government/publications/example-menus-for-early-years-settings-in-england](http://www.gov.uk/government/publications/example-menus-for-early-years-settings-in-england)

[Safe Food Better Business www.food.gov.uk/business-guidance/safer-food-better-business-sfbb](http://www.food.gov.uk/business-guidance/safer-food-better-business-sfbb)

[Allergen information for loose foods \(Food Standards Agency 2017\)](http://www.food.gov.uk/sites/default/files/media/document/loosefoodsleaflet.pdf)

[www.food.gov.uk/sites/default/files/media/document/loosefoodsleaflet.pdf](http://www.food.gov.uk/sites/default/files/media/document/loosefoodsleaflet.pdf)

Campylobacter (Food Standards Agency)

[www.food.gov.uk/newsupdates/campaigns/campylobacter/fsw-2014](http://www.food.gov.uk/newsupdates/campaigns/campylobacter/fsw-2014)