



Wyton On The Hill Primary School
Early Years Foundation Stage (EYFS) Nutrition and Food Safety Policy
Effective from: September 2025

1. Purpose

This policy ensures that all children aged 3 and above in the EYFS setting receive healthy, balanced, and nutritious meals, snacks, and drinks that support their growth, development, and well-being. It aligns with the statutory EYFS framework (2025) and the Department for Education's Wraparound Childcare Guidance (2024).

2. Scope

This policy applies to all staff responsible for the preparation, handling, and provision of food and drink to children in EYFS, as well as parents and carers who provide packed lunches. It covers all food consumed during EYFS sessions, including breakfast, lunch, snacks, and wraparound care provisions.

3. Nutritional Standards and Provision

- All food and drink provided or brought in must be healthy, balanced, and nutritious, following the EYFS nutrition guidance (2025).
- Fresh drinking water will be available and accessible to all children at all times.
- Food served during wraparound care (before/after school clubs) must comply with the School Food Regulations 2014 (School Food Standards) where applicable.
- Parents/carers will receive guidance on providing nutritious packed lunches, avoiding foods high in sugar, salt, or fat, and ensuring appropriate portion sizes.

4. Food Preparation and Hygiene

- Food preparation areas will be adequately equipped to provide healthy meals and snacks hygienically.
- Staff involved in food preparation and handling will receive training in food hygiene within 14 days of starting and demonstrate ongoing competence.
- Suitable facilities must be available for hygienic food preparation, including sterilisation equipment if necessary (not applicable for children aged 3+).

5. Allergy and Special Dietary Needs Management

- Before admission, detailed information about any special dietary requirements, allergies, intolerances, and health needs will be obtained from parents/carers.
- This information will be shared with all staff involved in food preparation and supervision.

- Allergy action plans will be developed and regularly updated in collaboration with parents/carers and health professionals, referencing BSACI allergy action plans and NHS guidance.
- Staff will be trained to recognise allergy symptoms, understand the differences between allergies and intolerances, and respond to anaphylaxis emergencies.
- Food will be prepared and served in ways that minimise choking risks and meet individual developmental needs.

6. Mealtime Supervision and Safer Eating Practises

- Children will be seated safely in appropriately sized chairs during meals and snacks, with distractions minimised where possible.
- A member of staff with a valid paediatric first aid certificate will always be present during eating times.
- Children must be within sight and hearing of staff while eating to monitor for choking or allergic reactions.
- Staff should be facing children during meals to ensure safe eating behaviours and prevent food sharing.
- All choking incidents requiring intervention will be recorded with details of where and how the child choked, and parents/carers will be informed on the same day. These records will be reviewed periodically to identify trends and improve safety.

7. Packed Lunches

- Parents/carers providing packed lunches will be supported with clear guidance on nutritional standards and safe food preparation.
- Staff will monitor packed lunches to ensure they meet the school's nutritional expectations and follow up with parents/carers if improvements are needed.
- Food sharing among children will be discouraged to prevent allergic reactions and cross-contamination.

8. Administration of Medicines for treating allergic reactions to food

- A clear policy and procedures for administering medicines will be in place, including systems for obtaining and updating information about children's medical needs, including food allergies.
- Medicines will only be administered to treat an allergic reaction with written permission from parents/carers and must be prescribed by a qualified medical professional.
- Records of medicine administration to treat an allergic reaction to food will be maintained, and parents/carers informed on the same day via Tapestry.

9. Incident Reporting and Communication

- All accidents, injuries, choking incidents, allergic reactions, and medicine administration will be documented and communicated promptly to parents/carers.
- Serious incidents, including food poisoning affecting two or more children, will be reported to Ofsted or the relevant regulatory body within 14 days.

10. Wraparound Care Considerations

- Staffing ratios and qualifications for wraparound care will meet EYFS requirements to ensure safety and welfare.

- Food provided during wraparound care will meet nutritional standards and be managed as per this policy.
- Insurance for wraparound provision will be overseen by a designated person to ensure appropriate coverage, including employer's liability and public liability insurance.

11. Monitoring and Review

- This policy will be reviewed at least annually or sooner if there are changes in legislation or guidance.
- Staff will receive ongoing training and updates to maintain compliance with nutrition, food safety, allergy management, and safeguarding standards.

References:

- Early Years Foundation Stage Statutory Framework (2025), Section 3 – Safeguarding and Welfare Requirements
- Wraparound Childcare Guidance for Schools (DfE, 2024)
- British Society for Allergy and Clinical Immunology (BSACI) Allergy Action Plan
- NHS Food Allergy and Anaphylaxis Guidance