

St Mary's Catholic Primary School



Safer Eating Policy



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CONTENTS

Section		Page
1. School Mission		3
2. Policy Statement		3
3. Policy Scope		3
4. Policy Aims		3
5. Statutory and National Guidance		4
6. Supervision		4
7. Obtaining and Sharing Information		4
8. Allergies and Anaphylaxis		4
9. Food Preparation		4
10. First Aid		5
11. Incidents of Choking		5
12. Monitoring		5



1. SCHOOL MISSION

At St Mary's Catholic Primary School, our Mission is:

**TO LOVE GOD ABOVE ALL THINGS
BY
LEARNING TOGETHER
LOVING OURSELVES
LOVING EACH OTHER
LOVING ALL PEOPLE
LOVING LIFE ITSELF
AND
CONSTANTLY STRIVING FOR
EXCELLENCE
WORTHY OF OUR GOD GIVEN GIFTS.**

2. POLICY STATEMENT

At St Mary's Catholic Primary School, we are committed to ensuring that all children eat safely. Children are always supervised during snack and mealtimes, encouraged to sit while eating, and supported to develop safe eating habits. Staff are aware of individual dietary, allergy and medical needs and take appropriate steps to reduce the risk of choking, ensuring every child can enjoy a safe, positive and inclusive eating experience.

3. POLICY SCOPE

This policy guides leaders, teachers and support staff who are responsible for supervising children during snack times, mealtimes, and food-related activities. It aims to ensure that children eat safely and that choking risks are minimised. It should be read alongside the following policies: Safeguarding and Child Protection, Health and Safety, First Aid, Supporting Children with Medical Conditions, Allergy Management, EYFS, and SEND.

4. POLICY AIMS

The aims of this policy are to:

- Ensure all children can eat safely in a supervised environment.
- Minimise the risk of choking and other food-related incidents.
- Promote safe eating habits and independence appropriate to children's age and stage of development.
- Support children with allergies, medical conditions or additional needs during mealtimes.
- Ensure staff understand their responsibilities for safer eating and emergency procedures.
- Work in partnership with parents and carers to meet children's individual dietary and health needs.
- Provide a positive, inclusive and nurturing experience during snack and mealtimes, reflecting the school's Catholic values of care, dignity and respect for all.



5. STATUTORY AND NATIONAL GUIDANCE

This policy is informed by the Early Years Foundation Stage (EYFS) Statutory Framework, DfE Food Safety and Choking Prevention Guidance for Early Years Providers, NHS safer eating and choking prevention guidance, Supporting Pupils with Medical Conditions at School, and the Food Information Regulations 2014.

This policy also forms part of our safeguarding framework, in accordance with Keeping Children Safe in Education 2026.

6. SUPERVISION

While children are eating, there will always be at least one member of PFA-trained (paediatric first aid) staff in the room. All children will be within sight and hearing of a member of staff while eating, and seated safely in an appropriate chair and, where possible, in a calm designated eating space.

7. OBTAINING AND SHARING INFORMATION

Before a child joins our setting, we will get information on their:

- Dietary requirements and preferences
- Food allergies and intolerances
- Health requirements

We will share this information with all staff involved in food preparation and handling. At each mealtime and snack time it will be clear which staff member is responsible for checking that the food and drink meets all the requirements for each child.

8. ALLERGIES AND ANAPHYLAXIS

We will ensure that all staff are aware of the symptoms and treatments for allergies and anaphylaxis; the differences between allergies and intolerances; and that children can develop allergies at any time, especially during the introduction of solid foods, where appropriate.

We will consult with parents/carers to:

- Create allergy action plans for their child – with the help of health professionals, where appropriate
- We will also keep this information up to date and share it with all staff
- Discuss their child's progress with solid foods and the textures the child is familiar with and work with them to move on to the next stage at a pace that's right for their child

9. FOOD PREPARATION

Where appropriate, we will prepare food in a way that:

- Prevents choking
- Meets each child's individual developmental needs
- Is in line with the DfE's Early Years Foundation Stage nutrition guidance. All meals, snacks and drinks we provide are healthy, balanced and nutritious. Fresh drinking water is always available and accessible to children



10. FIRST AID

We will have at least one person with a current PFA certificate on the premises and available at all times when children are eating, including on outings. The PFA certificate is for a full course consistent with the criteria set out in Annex A of the EYFS framework. This PFA certificate is renewed every 3 years as required.

11. INCIDENTS OF CHOKING

In the event of a choking incident that requires intervention, we will record details of the incident and make the child's parents/carers aware. We will periodically review the records to identify whether we can change anything in our practice to make eating safer, and then take action as appropriate.

12. MONITORING

This policy will be reviewed by the Deputy Headteacher annually. It will be monitored by the Headteacher.

At every review, the policy will be shared with the governing board.