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**Brentfield Primary School**

Children of Today, Champions for Tomorrow

## Safe Eating Policy

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## **Safe Eating Policy**

### **Aims:**

- To encourage healthy eating habits among children
- To minimise the risk of accidents or incidents related to eating such as choking, allergic reactions, foodborne illnesses.
- To support children to develop understanding of the importance of hygiene and safety during meal/snack times.

### **Legislation and Guidance:**

- The Early Years Foundation Stage (EYFS) Framework 2025: This framework sets the standards for learning, development, and care for children from birth to age five, including guidelines for promoting healthy eating and safety during mealtimes.

### **Procedures for Monitoring Children while Eating**

To ensure the safety and well-being of children during snack times and mealtimes, the following procedures will be implemented:

#### **1. Supervision**

- Staff members will be assigned to supervise children during snack and mealtimes. A minimum ratio of:
  - 1:5 for two-year-olds
  - 1:8 for 3-year-olds

For Reception aged children, adequate supervision in line with EYFS principles and school risk assessments will be put in place.

- At any time when children are eating, a paediatric first aid (PFA) trained member of staff must be present.
- Children must be closely observed and listened to while eating and drinking. Supervising staff should face the children during mealtimes; this allows them to react quickly in the case of choking or allergic reactions as well as monitor children to ensure they are not swapping food.
- Staff will be trained in safe eating practices and will actively monitor children for any signs of distress or difficulty while eating
- Any choking incidents must be recorded and the parents/carers must be made aware.

## **2. Seating Arrangements**

- Children will be seated in a manner that promotes safety and accessibility. All seating will be stable and appropriate for the age group.
- Children will be seated at tables that are the correct height to prevent accidents and to encourage proper posture while eating.

## **3. Hygiene Practices**

- Staff will ensure that all children wash their hands before meals, using soap and water.
- Tables and eating utensils will be cleaned and sanitised before and after each meal to prevent the spread of germs.

## **4. Food Safety**

- All food served will be prepared in accordance with the Food Safety Act 1990 and the Food Standards Agency guidelines: [PowerPoint Presentation](#), ensuring it is safe for consumption.
- Special dietary requirements and allergies will be documented and communicated to all staff members to prevent cross-contamination.

## **5. Education on Safe Eating**

- Children will be educated about safe eating practices, including chewing food properly, not talking with their mouths full, and recognising when they feel full.
- Interactive activities, such as role-playing and storytelling, will be used to reinforce these concepts in an engaging manner.

## **Actions to Take in Emergencies**

In the event of an emergency during snack or mealtimes, the following actions will be taken:

### **1. Choking**

- Staff will be trained in first aid to respond effectively to choking incidents.
- If a child is observed to be choking, staff will remain calm and assess the situation. If the child is unable to breathe, staff will perform first aid in line with paediatric first aid training immediately and call for emergency assistance if necessary.

### **2. Allergic Reactions**

- In the case of an allergic reaction, staff will administer the appropriate medication as outlined in the child's individual health care plan.

- Emergency services will be contacted immediately, and parents will be informed as soon as possible.

### **3. Foodborne Illness**

- If a child exhibits symptoms of foodborne illness, such as vomiting or diarrhoea, staff will isolate the child and contact parents to arrange for their collection.
- A report will be made to the local health authority if multiple cases are observed, and an investigation will be conducted to identify the source of the illness.

### **4. Incident Reporting**

- All incidents will be documented in an incident report log, detailing the nature of the incident, actions taken, and any follow-up required.

## **Monitoring and Review of the Safe Eating Policy**

The effectiveness of the Safe Eating Policy will be monitored and reviewed regularly to ensure compliance with statutory guidance and to promote continuous improvement. The following steps will be taken:

### **1. Regular Audits**

- Regular audits of snack and mealtimes will be conducted to assess compliance with the policy, including supervision levels, hygiene practices, and food safety measures.
- Feedback from staff, children, and parents will be gathered to identify areas for improvement.

### **2. Training and Development**

- Ongoing training will be provided for staff to ensure they are knowledgeable about safe eating practices and emergency procedures.

### **3. Policy Review**

- The Safe Eating Policy will be reviewed every two years, or sooner if significant changes occur in legislation or best practices.
- Stakeholders, including staff, parents, and health professionals, will be consulted during the review process to ensure the policy remains relevant and effective.