



Lancaster Christ Church C of E Primary School

Have Faith... In yourself... In others... In God.

Safer Eating Policy

Statement of Intent:

The purpose of this policy is to ensure that children in our care are provided with a safe eating environment that minimises food-related risks, supports healthy eating and ensures compliance with the Early Years Foundation Stage (EYFS) statutory framework, including the changes introduced in September 2025.

Key Principles:

- Safeguard children from food-related risks, including choking hazards and food allergies.
- Ensure all meals and snacks are nutritious, well-balanced, and cater to the individual dietary needs of children.
- Promote healthy eating habits from an early age.

Food Allergies or Intolerances

Under [section 100 of the Children and Families Act 2014](#), schools have a duty to support pupils with medical conditions. This could include ensuring that a child with an allergy is able to eat a school lunch.

Food allergies and intolerances MUST always be taken seriously.

All food allergies, intolerances or special dietary requirements must be disclosed to the school by parents and carers prior to the child starting school. Should this allergy develop whilst the child is already at school, then parents should inform school immediately.

Before a child starts school, we obtain written information about any special dietary requirements, preferences, food allergies and intolerances from parents / carers. This information is used to create an allergy / intolerance action plan and is shared with all relevant staff.

Information about children with food allergies. Intolerances and/or dietary needs are displayed in a prominent position in each classroom, as well as in the school kitchen (photo and allergy / intolerance / dietary need). Copies of action plans are stored securely and are available to all staff.

Action plans are reviewed and updated annually, or if needs change.

We have clear procedures in place outlining how allergies and intolerances will be managed in a range of situations, including at Breakfast and After School Club, at breaktimes, at lunchtime, and in class as part of the curriculum. These procedures are shared regularly with staff.

Children are not permitted to share food.



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Children are discouraged from bringing cakes / biscuits / treats from home to share with others.

Staff are not permitted to use food based rewards in class.

Where a unit of work involves food, the class teacher will work alongside the Headteacher and parents to develop a risk assessment to ensure that the child can safely take part in all activities.

Staff are alert to signs of allergic reaction and respond immediately.

Anaphylaxis training is provided for staff annually.

Safer Eating Practices

Choking Risk Prevention:

We recognise that children can choke at any age and on any food and are vigilant in implementing practices to reduce choking hazards.

We follow guidance outlined by the [Food Standards Agency](#) regarding how to reduce the risk of choking incidents, as well as the DfE [Food Safety](#) guidance regarding foods to avoid for children aged 5 and under.

Children are supervised at all times whilst eating. There is always at least one member of staff present who has paediatric first aid training whilst children are eating. Children must remain seated whilst eating and will be given time, and encouraged to, chew and swallow their food safely. Staff will be vigilant in reminding children that they should not get up from their seat until they have finished eating. Children will be seated so that staff have a clear view of them whilst they eat, bearing in mind that choking can be completely silent.

Staff are alert to possible signs of choking respond immediately.

Staff undertake annual in relation to choking.

If a child experiences a choking incident that requires intervention, staff will record details of where and how the child choked and ensure parents and/or carers are made aware. Records will be reviewed to identify if there are factors that could be addressed to reduce the risk of choking. Appropriate action should be taken to address any identified concerns.

Mealtime Hygiene and Safety:

To ensure the safety and hygiene of food, the following procedures will be followed:

- **Food Storage and Preparation:** All food will be stored at the correct temperature, in compliance with food safety regulations. Food preparation areas will be kept clean, and staff will adhere to strict handwashing procedures before handling food.



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- **Safe Utensils and Equipment:** Cross-contamination is prevented using designated equipment and cleaning routines. All cutlery, cups, and plates are age-appropriate and checked for safety. Meal/snack areas are cleaned and disinfected before and after eating.

- **Hand Hygiene:** Children will wash their hands before eating and after using the toilet. Staff will ensure that all children have clean hands before meals and snack are served.

Healthy Eating and Nutrition

We aim to support the health and wellbeing of all children by promoting healthy eating habits:

- **Snack Time**

Children in Early Years & Key Stage 1 are offered a daily snack of fresh fruit or vegetables, provided by school. Children in KS2 may bring a healthy snack from home. This should consist of fresh fruit or vegetables and will vary depending on the individual child. For some, a simple apple, banana or orange will suffice; others may need their fruit to be sliced and packed in a Tupperware box. When preparing such snacks, parents should be mindful of the guidance on chopping foods (above.) Please note : only fruit is permissible as a snack. Biscuits, cakes, and fruit derivatives e.g. Fruit Winders are not allowed. We will always encourage the children to eat healthily.

- **Packed Lunches**

Parents should try to provide a healthy packed lunch for their child. The NHS provides a wealth of ideas on their website: <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>. Information regarding healthy packed lunches is shared with parents via the school newsletter.

- **Educational Opportunities**

Opportunities to learn about food, nutrition, and healthy eating are woven throughout our curriculum, particularly in Science, PHSE and DT.

Documentation

The following documents have been referenced in developing this policy:

- [Allergy guidance for schools - GOV.UK](#)
- [EYFS statutory framework for group and school-based providers](#)
- [School food standards practical guide - GOV.UK](#)
- [Help for early years providers : Food safety](#)
- [Choking Child First Aid | St John Ambulance](#)

Policy Adoption, Monitoring and Review

This policy will also be made available via the school website.

It will be reviewed annually by the Headteacher, Senior Leadership Team, Staff and Governors as part of the school's evaluation cycle.

“For nothing will be impossible with God” Luke 1:37



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The Headteacher will actively evaluate the effectiveness of this policy by monitoring the staff's understanding and application of the procedures within this policy as their overall duty to safeguard children.

This policy was reviewed by the Board of Governors of Christ Church Church of England Primary School on: 30th June 2026

The scheduled review date of this policy is: June 2027

Signed:

(Chair of Governors)

Date:



Early years choking hazards food safety advice

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For babies and young children, food can be a choking hazard, especially when they do not chew their food well or they try to swallow it whole.

Choking can happen with any foods, but 'firm foods', bones and small round foods that can easily get stuck in the throat present a higher risk. Therefore, care givers should follow these five essential steps:

- 1** Make sure food is **suitably prepared and served** for babies and children under 5 years old. For suitable foods, see <https://www.nhs.uk/start4life/weaning/> Introduce babies to solid foods from around 6 months of age.
- 2** **Think about size, shape and texture of food.** Cut food into narrow batons, avoid round shapes and firm foods. Firm fruit & vegetables can be softened by cooking.
- 3** Ensure that babies and young children are **alert and seated safely upright** in a highchair or appropriately sized low chair whilst eating.
- 4** **Babies and young children should be supervised at all times** while eating. You will be able to identify the early signs of choking and prevent harm.
- 5** **Encourage babies and young children to chew food well.** Teach children how to chew and swallow food properly, and ensure they take their time during meals. This will reduce their risk of choking.

Care givers and parents should be familiar with how to respond to a choking incident in line with guidance on first aid for children:

How to stop a child from choking: <https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-stop-a-child-from-choking/>

How to resuscitate a child: <https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-resuscitate-a-child/>