

# Health

## Safer Eating

### Policy statement



Wroughton Preschool is a suitable, clean, and safe place for children to be cared for, where they can grow and learn. We meet all statutory requirements for food safety and fulfil the criteria for meeting the relevant Early Years Foundation Stage Safeguarding and Welfare requirements.

### Objectives

- We recognise that we have a corporate responsibility and duty of care for those who work in and receive a service from Wroughton Preschool, 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.
- The Kitchen Policy (Safety and suitability of premises) is followed for general hygiene and safety in food preparation areas.
- We ensure that children are supervised at meal/snack times and that children are within sight and hearing of a member of staff at all times. Staff sit at the snack/lunch table facing children when eating to ensure they are eating in a way that prevents choking and so they can prevent food sharing and be aware of any unexpected allergic reactions. A member of staff with a valid Paediatric First Aid certificate is always in the room during snack and mealtimes.
- Following dietary guidelines to promote health also means taking account of guidelines to reduce risk of disease caused by unhealthy eating.
- Before a child is admitted to the setting, parents provide information about any special dietary requirements, preferences, food allergies and intolerances that their child has, and any special health requirements. The information is shared with all staff involved in snack preparation and snack and mealtime supervision. At each snack-time, the staff member who prepares the snack is responsible for checking that the food/drink provided meets the requirements for each child. Any allergies/intolerances/preference is highlighted to the staff responsible for supervising the children during the snack-time.

- Parents/carers share information about their children's particular dietary needs and allergies with staff when they enrol their children and on an on-going basis with their key person. This information is shared with all staff who are involved in the care of the child. This information is regularly updated and shared with staff.
- Child allergy risk assessments are developed with parents for each individual child who has a food allergy or specific dietary requirement. These are reviewed every 3 months and shared with staff.
- We ensure that all staff are aware of the symptoms and treatments for allergies and anaphylaxis and the differences between allergies and intolerances which may develop at any time.
- Food for snack-time is prepared in a way to prevent choking.
- Care is taken to ensure that children with food allergies and intolerances do not have contact with food products that they are allergic to.
- If a child chokes at mealtime and intervention is given we record details of the incident and ensure that parents/carers are informed. Action will be taken to address any identified concerns.

## **Legal references**

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)

[Paediatric Allergy Action Plans - BSACI](#)

[Food allergy - NHS](#)

[Anaphylaxis - NHS](#)

[Weaning - Start for Life - NHS](#)

[Help for early years providers : Food safety](#)

[\*\*Early Years Foundation Stage Nutrition Guidance \(2025\)\*\*](#)

[\*\*Allergy action plan\*\*](#)

### Authorisation & Review

This policy was adopted at a meeting of Wroughton Preschool

Held on

Date to be reviewed

Yearly at AGM

Signed on behalf of the management  
committee

Name of signatory

Role of signatory (e.g. chair/owner)

Chair Person