# John Blow Primary School

## EYFS Food Safety, Allergy and Safe Eating Policy

Policy created: 11th October 2026

Review date: September 2027

Approved by Full Governing Board: 11th November 2026

## 1. Purpose

At John Blow Primary School, we are committed to ensuring that all children can eat safely whilst in our care. We recognise our responsibilities under the EYFS Statutory Framework, food safety legislation, and the principles of Benedict's Law, to provide a safe environment for children with food allergies and medical dietary needs. The EYFS framework requires providers to take all necessary steps to keep children safe and well, including managing allergies, preventing choking and ensuring safe eating practices.

## 2. Aims

We will:

- Promote safe eating and drinking practices.
- Prevent choking incidents wherever possible.
- Effectively manage allergies and dietary requirements.
- Ensure children are supervised during all eating and drinking activities.
- Respond appropriately to allergic reactions and medical emergencies.
- Work closely with parents to meet individual dietary needs.
- Create a culture where food safety is everyone's responsibility.

## 3. Food Allergies and Medical Diets

Before a child starts at the setting, parents must provide details of:

- Food allergies.
- Intolerances.
- Medical dietary requirements.
- Religious or cultural dietary requirements.

A record of all allergies will be maintained and shared with relevant staff. The EYFS requires providers to obtain information about special dietary requirements, allergies and intolerances and to ensure suitable food and drink are provided.

For children with diagnosed allergies:

- An Individual Healthcare Plan will be in place where appropriate.
- Emergency medication will be readily accessible.
- Staff will be informed of symptoms, triggers and emergency procedures.
- Risk assessments will be completed where necessary.

## 4. Benedict's Law Principles

In line with the expectations established through **Benedict's Law**, the school will:

- Maintain a whole-setting approach to allergy management.
- Ensure staff are aware of allergy risks and anaphylaxis symptoms.
- Maintain clear records of children with allergies.
- Communicate effectively with parents and carers.
- Ensure emergency medication is readily available where prescribed.
- Review allergy arrangements regularly.
- Promote inclusion so that children with allergies can participate safely in all activities.

## 5. Safe Eating Procedures

Children will:

- Be seated appropriately whilst eating.
- Remain supervised at all times during meals and snacks.
- Be encouraged to eat calmly and not rush.
- Not walk, run or play whilst eating.

Staff will:

- Remain attentive during eating times.
- Encourage children to chew food thoroughly.
- Monitor children identified as having additional eating or swallowing needs.
- Ensure food is served in an age-appropriate way.

The EYFS guidance states that young children must never be left alone whilst eating and should always be within sight and hearing of a member of staff.

## 6. Choking Prevention

To reduce choking risks:

- Grapes, cherry tomatoes and similar foods will be cut lengthways and into quarters.
- Hard fruits and vegetables will be prepared appropriately.
- Whole nuts will not be provided.
- Popcorn, marshmallows, hard sweets and other high-risk foods will not be offered.

- Children will be closely supervised during meals and snacks.

These measures reflect national EYFS food safety guidance on reducing choking risks in children under five.

## 7. Food Brought from Home

Where food is brought into school:

- Parents must inform staff of ingredients if requested.
- Staff may restrict foods where there is an identified allergy risk.
- Food sharing between children is not permitted.
- Birthday treats or celebration foods must be agreed with staff beforehand.

## 8. Staff Training

Relevant staff will receive training and updates on:

- Food allergy awareness.
- Recognising anaphylaxis.
- Use of adrenaline auto-injectors.
- Choking prevention and response.
- Food hygiene and safe food handling.

The principles of Benedict's Law place significant emphasis on staff awareness, allergy management and emergency response training.

## 9. Emergency Procedures

If a child displays signs of an allergic reaction:

1. Follow the child's Individual Healthcare Plan.
2. Administer prescribed medication if required.
3. Call 999 immediately if anaphylaxis is suspected.
4. Contact parents/carers.
5. Record the incident and review control measures.

Any serious allergic reaction will be reported to the Headteacher and reviewed to identify any lessons learned.

## 10. Hygiene and Food Handling

All staff involved in food preparation or serving will:

- Follow food hygiene procedures.
- Wash hands before handling food.
- Clean preparation surfaces appropriately.
- Avoid cross-contamination.
- Store food safely and within recommended temperatures.

The EYFS framework requires those preparing and handling food to be competent to do so and to follow safe food hygiene practices.

## 11. Partnership with Parents

We will work closely with parents to:

- Keep allergy information up to date.
- Review healthcare plans annually or sooner if required.
- Share concerns relating to eating, swallowing or allergic reactions.
- Promote consistent approaches between home and school.

## 12. Monitoring and Review

The Headteacher and EYFS Lead will review this policy annually, following any significant incident, or in response to changes in statutory guidance.

## Appendix 1

## Quick Staff Guide

### Before Food Is Served

✓ Check allergy information
✓ Check healthcare plans
✓ Prepare food safely
✓ Ensure children are seated

### During Meals and Snacks

✓ Supervise constantly
✓ Watch for choking hazards
✓ Prevent food sharing
✓ Be alert to allergy symptoms

### If a Child Has a Reaction

✓ Follow healthcare plan
✓ Administer medication if required
✓ Call 999 for suspected anaphylaxis
✓ Inform parents and record the incident

**No child should ever be left unattended whilst eating or drinking.**