Safer Eating Policy

Staff are aware of the changes to the EYFS regarding new requirements to improve safety around food in the setting, this policy is valid from September 2025. The setting has recently passed a food hygiene inspection (20th June 2025 "5" rated). Staff attend level 2 Food Hygiene training to ensure food safety standards are adhered to.

Child registration forms

Parents/guardians are required to complete the registration form before a child starts, a section of this form asks for details about allergies.

- All staff will be made aware of the allergies of each child and where appropriate e.g. a child may require medication in the event of an allergic reaction, an allergy action plan will be created in conjunction with the parent/guardian and kept in an accessible place during playgroup sessions e.g. the playgroups office area.
- A folder is kept in the office area, detailing all the dietary (and other) requirements for each child. Staff will be directed to consult this list before buying snack and before serving food.
- Each child who has an allergy will be given a laminated place mat to put their snack/lunch on, so as to create a visual reminder for staff who are supervising this area.

Prevention of choking

In the snack preparation area, staff have a copy of the FSAs choking prevention sheet, which details how certain foods should be prepared depending on the age and capability of the child.

- All staff are PFA trained and will supervise children having snack at the children's eye level, making sure they have clear eye contact with each child who is eating.
- Choking incidents will be recorded to enable staff to identify trends which could be addressed to reduce the chances of choking in the future.

Lunch boxes and snack

Families are required to supply a packed lunch for their child. We encourage parents to follow healthy eating practices when choosing what foods to put in this lunch box. We have a helpful display in our entrance to support families with ensuring their child has provision for a healthy balanced lunch. The NHS also has some helpful ideas Lunchbox ideas and recipes – Healthier Families - NHS

- Playgroup will provide healthy snacks ensuring a good balance of healthy food types as outlined in the Eatwell guide.

- Staff will notify parents of what snack has been served via a communication board in the entrance and will check with parents for any potential allergies if any new foods are introduced to the group.

Playgroup cannot store lunchboxes in the fridge due to the capacity needed for the number of children attending. Therefore, we ask families to add an ice pack to the lunchbox to ensure food does not spoil before lunchtime.

We also ask:

- Please do not send in any products containing nuts
- Please cut grapes, sausages and any other round food lengthways to reduce the risk of choking
- Please do not send in popcorn
- Please do not send in sweets or chocolate