



## **Early Years Foundation Stage (EYFS) Safer Eating Plan at Brimscombe C of E VA Primary**

### **Statement of Intent**

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

### **Key Principles**

- Promote healthy eating habits from an early age.
- Safeguard children from food-related risks, including choking hazards and food allergies.

### **EYFS Children at Brimscombe School:**

- All children will wash their hands before eating and after using the toilet.
- A healthy morning snack of fruit, raw vegetables with water or milk to drink will be provided.
- Lunchtime food is provided by The Great Plate and menus are sent home for parents to pick meals that their child will eat. This menu includes a variety of cooked meals (meat and vegan), jacket potatoes and rolls.
- Food will be prepared to reduce the risk of choking and children will be taught to cut their own food. All children will be encouraged to chew food thoroughly and not to drink or talk with their mouths full. More details can be found here - <https://help-for-early-years-providers.education.gov.uk/health-and-wellbeing/food-safety>
- All children are supervised whilst eating and will remain seated at a table or on the floor.
- All EYFS staff and most mealtime staff will have up to date Paediatric First Aid (PFA) training which includes what to do in the event of a choking emergency. In the event of a choking incident, parents and carers should be informed and the incident recorded. There will always be a Paediatric First Aid trained member of staff in the room when children are eating.
- Prior to starting the school, information regarding dietary requirements, food allergies and intolerances are obtained. This information is disseminated to all staff including the kitchen staff and is displayed in the kitchen and classroom, as appropriate.
- In association with parents, carers, caterers and health care workers when required, allergy action plans should be implemented which are updated as required.