



# Safer Eating & Nutrition Policy

*(In line with EYFS 2025 statutory requirements)*

## 1. Policy Statement

At Acorns2oaks, we are committed to providing all children with safe, healthy, and nutritious food and drink. We recognise our duty under the **EYFS Statutory Framework (2025)** to promote children's health, ensure food safety, reduce choking risks, and meet individual dietary needs.

## 2. Aims

- To provide healthy, balanced, and age-appropriate meals, snacks and drinks.
- To follow government nutrition guidance for children aged **birth to 5 years**.
- To create a safe eating environment, minimising risks of choking or allergic reaction.
- To respect cultural, religious, and medical dietary requirements.
- To promote positive attitudes towards food, mealtimes, and hydration.

## 3. Responsibilities

- The **Manager** is responsible for ensuring this policy is implemented and reviewed annually.
- All **staff** are responsible for following safe eating and nutrition practices.
- At least **one member of staff with current Paediatric First Aid** will always be present during meals and snacks.

## 4. Nutrition Standards

- Meals and snacks will be **balanced, nutritious, and cost-effective**.
- Food for children under 1 year will follow the **weaning guidance**, with no added sugar or salt.
- Children will be offered a variety of fruit, vegetables, wholegrains, dairy and protein sources.
- Drinks provided will be **water and plain milk** (or fortified plant-based alternatives, if appropriate).
- Sugary drinks, flavoured milks, juice, and squash will not be served.
- Fresh drinking water will be available at all times.

## 5. Safer Eating Procedures

### 5.1 Supervision & Seating

- Children will be **seated safely** in age-appropriately sized low chairs or highchairs in a designated eating area with minimal distractions.
- Staff will be positioned to face children during meals and snacks.
- Children will always be **within sight and hearing** of staff when eating.

### 5.2 Choking Prevention

- Foods will be prepared and served in line with choking prevention guidance (e.g. grapes halved lengthways, cutting fruits/vegetables, no whole nuts, no popcorn or jelly cubes and avoid certain foods or forms that are choking hazards).
- Staff will avoid distractions (phones, unrelated tasks) during mealtimes.
- Any **choking incidents** will be recorded, reported to parents, and reviewed.

### **5.3 Allergies & Intolerances**

- Information on allergies, intolerances, and dietary requirements will be obtained from parents/carers before a child starts.
- An **allergy action plan** will be in place for each child with specific needs.
- All staff will be aware of individual dietary requirements.
- A designated staff member will check each child's food before serving.

### **5.4 Record Keeping**

- All incidents (including near misses) will be logged and reviewed regularly.
- Accident/incident reports will be shared with parents/carers.

### **6. Staff Training**

- All staff will receive training in:
  - Safer eating and choking prevention
  - Food hygiene and safe preparation
  - Allergy awareness and emergency procedures

### **7. Partnership with Parents.**

- Parents will be consulted regarding cultural or religious dietary needs.
- We encourage parents to share updates on children's dietary needs immediately.

### **8. Monitoring & Review**

- The Manager will review this policy annually, or sooner following an incident or new guidance.
- Staff and parents will be consulted in the review process.

**Policy reviewed:**

**Next review:**

**Signed:** \_\_\_\_\_ (Manager)

A copy of this policy can be obtained from the Nursery Offices or downloaded via our website: