

Safer Eating

★ in our setting (EYFS)



We follow safer eating practices to help keep the children in our care safe and healthy.

In our setting we... ♥



Ensure children are seated appropriately when eating.



Ensure children are **supervised** at all times during meals and snacks.



Provide **healthy, balanced** meals and snacks that meet children's dietary needs.



Follow **allergy and intolerance** procedures and keep up-to-date information.



Encourage regular drinks of **water** throughout the day.



Ensure food is prepared to avoid choking.



A member of staff in the room holds a valid paediatric first aid certificate.



Children are within sight and hearing of a member of staff whilst eating.



♥ Why it's important

Following safer eating guidance reduces the risk of choking and helps children to develop healthy eating habits, supporting their growth and wellbeing.

Your child's safety is our priority

We follow the latest guidance from the Statutory Framework for the Early Years Foundation Stage.

Scan the QR code to read the Statutory Framework for the Early Years Foundation Stage (DfE)



Department for Education