

Safer Eating & Mealtime Policy for Parents

Greenfields Nursery – Putting Your Child’s Health First

At Greenfields Nursery, your child’s safety and wellbeing is our top priority—especially at mealtimes. We follow the latest Early Years Foundation Stage (EYFS) guidance and are fully aligned with the 2025 Safer Eating reforms.

This policy outlines how we protect your child during meals and snacks while supporting a positive and inclusive food environment.

Health & Allergy Awareness

- **Before Your Child Starts:** We’ll ask you to share important information about your child’s dietary needs, including allergies, intolerances, cultural or religious food preferences, and any medical conditions. This information will be shared with all staff involved in the preparation and handling of food.
- **Action Plans:** For children with allergies, we’ll create an individual Allergy Action Plan with your support (and healthcare professionals if needed).
- **Ongoing Monitoring:** Allergies and intolerances can develop over time. Please inform us of any changes immediately so we can update records and keep your child safe.

Mealtime Safety

- **First Aid Cover:** A paediatric first aid trained staff member is always present during meals.
- **Supervision:** Children are always closely supervised while eating. Our staff sit facing the children to monitor for choking or food-sharing.
- **Choking Response:** In the rare event of a choking incident, we will respond immediately, record the incident, and inform you as soon as possible.
- **Safe Seating:** Children eat while seated in age-appropriate chairs in designated dining areas. We minimise distractions to support safe eating.
- **Weaning:** If your child is still weaning, we’ll work with you to plan the introduction of solid foods safely and gradually.
- **At each mealtime and snack time** there will be a clear statement about who is responsible for checking that the food being provided meets all the requirements for each child.
- **When a child experiences a choking incident** that requires intervention, Greenfields will record details of where and how the child choked and parents/carers will be made aware.
- **Records** will be reviewed regularly to identify if there are trends or common features of incidents that could be addressed to reduce the risk of choking, and the leadership/management team will ensure appropriate action is taken to address any identified concerns.

Food from Home

- To protect all children, especially those with allergies, all our settings are NUT FREE, please do not let children bring food items which contain nuts.
- Please check your child's pockets and bags before entering the nursery to remove any food items.
- Any food brought from home must be clearly labelled with the child's full name and a description of the contents inside the container or bag.

Mealtime Environment

- Meals are social, enjoyable, and calm.
- Staff eat with the children where possible, modelling positive eating behaviours.
- We encourage children to feed themselves when developmentally appropriate and give them time to explore new foods.
- Food is never used as a reward or punishment.

Nutrition & Healthy Choices

- Lunches from the school offer a balanced menu with fruits, vegetables, starchy foods, protein (e.g. beans, fish, meat, eggs), and dairy.
- Provide regular snacks that meet the energy needs of growing children.
- Serving only milk or water—no sugary drinks.
- Ensuring portion sizes are age-appropriate.
- For children bringing packed lunches, we provide guidance to parents on healthy options.

Supporting Individual Needs

- We respect cultural and religious food practices.
- Adapt menus where needed to ensure all children feel included, safe, and respected at the table.
- Always manage dietary needs discreetly and professionally.

If you have any questions or updates regarding your child's dietary needs, please speak with our Nursery Manager or your child's Key Person. We're here to keep your child safe, healthy, and happy.

Thank you for your cooperation.

Greenfields Nursery Team

 01303 226406 |  [greenfields-nursery.co.uk](https://www.greenfields-nursery.co.uk)