# **Saints Peter & Paul EYFS**

### **Safer Eating and Allergies Policy**

**Reviewed:** August 2025  
**Next Review:** August 2026  
**Approved by:** SLT Team  
**Applies to:** All staff, volunteers, parents/carers, and children

## **1. Policy Statement**

We are committed to providing a safe, inclusive, and healthy environment for all children. We recognise the serious risks posed by allergies and food intolerances, and we are dedicated to promoting safe eating practices that prevent allergic reactions and support children's well-being in line with the **EYFS Statutory Framework 2025**.

## **2. Aims of the Policy**

* To protect children with food allergies or intolerances from exposure to allergens.
* To promote good hygiene and safe food preparation practices.
* To work in partnership with parents/carers to meet children's dietary needs.
* To ensure that all staff are trained and confident in managing allergies and responding to allergic reactions.
* To meet all relevant legal and statutory obligations under the EYFS 2025 and food safety laws.

## **3. Legal and Statutory Framework**

This policy has been developed in line with:

* **EYFS Statutory Framework 2025** (Section 3 – The Safeguarding and Welfare Requirements)
* **Food Safety Act 1990** and **Food Information Regulations 2014**
* **Children and Families Act 2014** (including health care planning for allergies)
* **Equality Act 2010** (reasonable adjustments for medical needs)
* **Health and Safety at Work Act 1974**

## **4. Procedures and Practice**

### **4.1 Allergies and Dietary Needs Registration**

* All parents/carers must complete a **Health and Dietary Needs Form** prior to their child starting.
* This form will detail all known allergies, intolerances, dietary restrictions (medical, religious, cultural), and signs of a reaction.
* Written confirmation from a GP or allergy specialist may be requested for severe allergies.

### **4.2 Individual Health Care Plans (IHCPs)**

* Children with severe allergies (e.g. nuts, dairy, eggs, wheat, shellfish) or requiring an **EpiPen/adrenaline auto-injector** must have an **Individual Health Care Plan**.
* IHCPs are created in consultation with parents and healthcare professionals, and are reviewed at least annually or after any reaction.

### **4.3 Allergy Awareness and Communication**

* All staff receive annual allergy and anaphylaxis training.
* Allergy information is clearly communicated to all relevant staff and posted discreetly in food preparation and eating areas.
* Photos of children with severe allergies may be displayed confidentially in the staff room and kitchen (with parental consent).
* Meal plans are shared with parents upon request.

### **4.4 Food Preparation and Hygiene**

* All food is prepared in accordance with **food hygiene standards** and **Safer Food Better Business** guidance.
* Cross-contamination is strictly avoided:
  + Separate preparation areas and utensils for allergen-free meals.
  + Thorough cleaning protocols before and after each meal prep.
* Children are not permitted to share food or drinks.
* High risk foods – firm, round or cylindrical food must be cut up into smaller pieces, lengthwise e.g. grapes, cherry tomatoes or sausages.
* All staff and children will wash their hands thoroughly before eating.

### **4.5 Mealtime Supervision**

* Staff are present at all meal and snack times to supervise children, ensuring they are within sight and hearing and ensure safe eating and drinking habits.
* Children with allergies are seated in a way that minimises risk of exposure to allergens, while maintaining inclusion and dignity.
* Staff monitor for any signs of allergic reaction (hives, coughing, swelling, vomiting, etc.).
* A staff member with valid paediatric first aid will be present in the room during meal and snack times.
* Staff will sit facing the children observing eating habits and ready to respond to choking or allergic reactions.

### **4.6 Emergency Procedures**

* Adrenaline auto-injectors and any prescribed medication are stored safely but accessibly.
* All staff are trained in first aid and allergy response, including the use of auto-injectors.
* In the event of an allergic reaction:
  1. Administer medication as per IHCP.
  2. Call emergency services (999).
  3. Contact parents/carers immediately.
  4. Complete incident report and review risk assessments.
* If a choking incident occurs, a detailed record must be made of where, how and where it happened and parents must be informed.

## **5. Staff Responsibilities**

* Ensure allergy information is kept up-to-date and confidential.
* Complete and renew training in allergy awareness and food hygiene.
* Communicate promptly with parents/carers about dietary issues or concerns.
* Maintain vigilance during mealtimes and food-related activities.

## **6. Parent/Carer Responsibilities**

* Provide accurate, up-to-date medical and dietary information.
* Inform the setting of any changes to their child’s allergies or health.
* Supply any prescribed medication with clear labelling and expiry dates.
* Avoid sending in food unless agreed in advance with the setting.

## **7. Inclusion and Equal Opportunities**

We recognises the importance of inclusion. We ensure children with allergies or dietary needs are not excluded from any activities, celebrations, or learning experiences involving food. Reasonable adjustments are made to accommodate all children.

## **8. Monitoring and Review**

This policy is reviewed annually or in response to any incident, changes in legislation, or guidance. Staff, parents/carers, and children (where appropriate) are consulted in reviews.

## **9. Related Policies**

* Safeguarding and Child Protection Policy
* Health and Safety Policy
* First Aid Policy
* Medication Policy
* Inclusion and Equality Policy

For more information or to discuss any aspect of this policy, please contact **Mrs Bavin** (Assistant Head of Early Years)