Al Risalah Nursery

Safer Eating Policy

Al Risalah Nursery meets the requirements of the Early Years Foundation Stage Statutory Framework – (effective 01 September 2026) which states that:

Paediatric First Aid: 3.63

Whilst children are eating there will always be a member of staff in the room with a valid paediatric first aid certificate (criteria set out in Annex A). Paediatric First Aid training is completed every 3 years. A Training Matrix identifies when this training needs to be updated.

Special Dietary Requirements :3.64

Before a child is admitted to our setting Al Risalah Nursery obtains information about any special dietary requirements, preferences, food allergies and intolerances that the child has, and any special health requirements. This information will be updated regularly and shared with all staff involved in the preparing and handing of food. Packed Lunches are brought from home, but PFA trained staff supervise children at all times to prevent sharing.

Allergies: 3.65

Al Risalah Nursery ensures that Paediatric First Aid Training includes allergy information and how to treat anaphylaxis and ensure that all staff are aware of the symptoms and treatments for allergies and anaphylaxis. We will work with parents and or carers and where appropriate, health professionals to develop allergy action plans for managing any known allergies and intolerances. This information will be kept up to date and shared with all staff. All staff will be trained to understand that children can develop allergies at any time, especially during the introduction of solid foods.

Weaning / Complementary feeding: 3.66

Al Risalah Nursery will work closely in partnership with parents/carers about where their child is regarding introducing solid foods. We will prepare food in a suitable way for each child's individual developmental needs not age. We will work with parents /carers to support children to move on to the next stage at a pace right for them. We will help parents to complete a Weaning action plan and signpost to relevant information sites.

Choking: 3.67, 3.68, 3.69

We will risk assess and prepare food in a way to prevent choking., This will include using a choking tube (or similar) to check food sizes, cutting up food to appropriate sizes, not giving risky food. All staff will be PFA trained in knowing how to support children if they are gagging or choking.

Babies and young children will be seated safely in a highchair or appropriately sized low chair when eating, in a designated eating space, with minimal distractions.

Children will always be within sight and hearing of a member of staff. Staff will sit facing the children when they are eating, so they can make sure children are eating in a way to prevent choking, to prevent food sharing and be alerted to an unexpected allergic reaction.

Al Risalah Nursery

Record Keeping: 3.70

If a child experiences a choking incident, this information will be recorded and shared with parents/carers. These records should be reviewed regularly, and any themes or trends will be addressed to reduce the risk of choking. Appropriate action will be taken to address concerns. See table below.

Useful information

Early Years Foundation Stage Statutory Framework – (effective 01 September 2026):

https://assets.publishing.service.gov.uk/media/687105a381dd8f70f5de3ea9/EYFS_framework_for_group_and_school_based_providers_.pdf

Early Years Foundation Stage nutrition guidance:

https://assets.publishing.service.gov.uk/media/687105a381dd8f70f5de3ea9/EYFS_framework_for_group_and_school_based_providers_.pdf

British Society for Allergy and Clinical Immunology-BSACI allergy plan:

https://www.bsaci.org/resources/allergy-action-plans/

Food allergy: https://help-for-early-years-providers.education.gov.uk/health-and-wellbeing/nutrition/food-allergies-and-intolerances

NHS: (www.nhs.uk)

Anaphylaxis-NHS: (www.nhs.uk)

Weaning-Start for life-NHS: (www.nhs.uk)

Food safety-Help for early years providers: GOV.UK

Written by: **Shazra Abbasi** **Date: September 2026**

Choking Incident Log				
Child	Date	Incident	Action	Staff