



THE CHELSEA
NURSERY
CAMERON VALE



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The Chelsea Nursery

FOOD SAFETY, SAFER EATING & ALLERGIES POLICY

EYFS Statement

The Early Years Foundation Stage Framework (EYFS) requires providers to take all necessary steps to keep children safe and well and to be confident that those responsible for preparing and handling food are competent to do so. This policy reflects the EYFS safer eating requirements and supporting Department for Education food safety guidance for early years providers.

Aim

The aim of this policy is to protect children from food-related risks, including choking, allergic reactions, food intolerances, poor food hygiene and unsafe food preparation. It sets out clear expectations for registration information, food preparation, mealtime supervision, allergy management, emergency response and partnership with parents and carers.

This policy is underpinned by effective risk management practices that minimise children's exposure to known allergens, choking hazards and food-borne illness. It promotes clear communication between parents, carers and staff so that each child's individual dietary, medical and developmental needs are fully understood and consistently met. The policy also recognises the importance of staff training and competence in food safety, allergy awareness, safer eating and emergency response procedures. Mealtimes should provide children with positive social experiences in a calm and well-supervised environment where they remain safe, supported and appropriately monitored at all times.

Definitions

- Allergy – a condition in which the body has an exaggerated immune response to a substance, such as a food, medicine, sting or bite.
- Allergen – a substance that can trigger an allergic reaction in a susceptible person.
- Anaphylaxis – a sudden, severe and potentially life-threatening allergic reaction.
- Food intolerance – a difficulty digesting or processing a particular food, which is different from a food allergy but may still require careful management.
- Adrenaline auto-injector (AAI) – an emergency device containing adrenaline, such as an EpiPen, Jext or Emerade, prescribed for the treatment of severe allergic reactions.
- Minimised risk environment – an environment where risk assessments and control measures reduce the likelihood of allergen exposure or choking incidents.
- Health Care Plan – a detailed document outlining a child's condition, dietary requirements, treatment, emergency procedures, medication and staff responsibilities.
- Safer eating – the practice of preparing, serving and supervising food and drink in a way that reduces the risk of choking, allergic reaction, food sharing and food poisoning.

Identifying and Requesting Information at Registration

Before a child is admitted to the setting, the nursery will obtain information about any special dietary requirements, preferences, food allergies, intolerances and special health requirements. This



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information will be
with all staff involved
supervising food and drink.

recorded, kept
in preparing,

up to date and shared
handling, serving or

At each mealtime and snack time, a named member of staff must be responsible for checking that the food and drink being provided meets each child's dietary requirements and has been prepared in a way that reduces choking risk. Arrangements must also cover staff absence, agency cover, trips and changes to routine.

The nursery will have ongoing discussions with parents and carers and, where appropriate, health professionals to develop and review allergy action plans, Health Care Plans and risk assessments. Information must be updated whenever a child's needs change.

The nursery will also discuss the stage each child is at in relation to introducing solid foods, including the textures the child is familiar with. Decisions about food textures and progression must be based on the child's developmental readiness and parental discussion, not assumptions based on age alone.

When a child is registered, the following information will be obtained from parents or carers:

- Details of any food allergies, intolerances, dietary requirements, cultural or religious dietary needs, food preferences and special health requirements.
- Whether allergies, intolerances or dietary requirements have been diagnosed or advised by a health care professional, such as a GP, registered dietitian, health visitor, allergy nurse or paediatrician.
- Any allergy management plan, Health Care Plan, written medical advice or prescribed medication.
- Clear emergency procedures to follow in the event of an allergic reaction, anaphylaxis, choking incident or other food-related emergency.
- Information about the child's current eating stage, including textures, foods already introduced and any support needed with feeding.

The Role of Staff

All staff are responsible for ensuring that children's dietary requirements, allergies, intolerances and developmental eating needs are understood and met consistently. Staff must follow the nursery's food hygiene procedures, safer eating guidance and allergy management arrangements at all times. The nursery will ensure that all staff involved in preparing, handling, serving or supervising food are appropriately trained and competent to fulfil their responsibilities safely.

Training will include food hygiene, allergy awareness, recognition and treatment of anaphylaxis, choking prevention, safer eating practices and emergency response procedures. At all times when children are eating, a member of staff holding a valid paediatric first aid certificate must be present. Staff should know where emergency medication is kept and be confident in responding quickly and appropriately to choking incidents, allergic reactions or other food-related emergencies. Good hygiene practices, including regular handwashing and effective cleaning of eating areas and equipment, must be promoted throughout the setting.

Allergy Management Oversight

The Nursery Manager is responsible for overseeing the implementation of this policy and ensuring that food safety, safer eating and allergy management arrangements are effectively maintained. This responsibility includes monitoring compliance with Health Care Plans, ensuring staff training



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remains up to date,
misses, overseeing

reviewing
emergency

incidents and near
medication

arrangements and ensuring that any lessons learned are incorporated into practice.

The Nursery Manager may delegate operational tasks to other appropriately trained members of staff but retains overall responsibility for ensuring that suitable systems are in place to safeguard children with allergies, intolerances and special dietary requirements.

Policy Owner: Group Head of Early Years

Policy Reviewed: September 2026

Next Review Date: September 2027

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