



# SAFE EATING PRACTICES FOR EYFS (AND INFANTS) POLICY

*Reviewed and updated autumn 2025 | Next review autumn 2026*

## Introduction

The following guidance is taken from the EYFS statutory framework 2025.

- Children must always be **closely supervised when eating or drinking**.
- Children must **sit down** to eat and not walk, run, or play while eating.
- Foods that present a **choking risk** (e.g. grapes, cherry tomatoes, sausages) must be **cut appropriately**.
- Avoid giving children **hard, small, sticky or round foods** that are difficult to chew.
- Staff should be trained to **recognise and respond to choking**.
- Clear **records of allergies and dietary requirements** must be kept and shared with all staff.
- **Emergency medication** (e.g. EpiPen) must be available and staff trained in its use.
- Provide meals, snacks, and drinks that are **healthy, balanced and nutritious** in line with the new nutrition guidance.
- Encourage **independence** (pouring drinks, using cutlery) within safe boundaries.
- Tables and eating areas must be **clean and hygienic** before and after meals.