Health & Safety

3.2 Safer Eating Policy

At Tywardreath Pre-School Playgroup, we ensure we provide safe eating environments for our children. We provide a safe eating environment and appropriate supervision and take proactive steps towards safeguarding children at mealtimes. This policy outlines how we aim to do this.

We take the following steps as part of our Safer Eating Policy:

- ✓ Before a child starts, we obtain information from the parents about any special dietary requirements, allergies or intolerances. This information is shared with all staff members involved with that child. We have ongoing discussions and care plans are reviewed regularly so that information about allergies/intolerances and requirements is kept up to date.
- ✓ Children's allergies are displayed in the kitchen, and all staff are made aware verbally of allergies, intolerances and requirements.
- ✓ At the child's initial visit, we obtain information about the stage they are at regarding solid food, including textures. We do not make assumptions based on the child's age. We have ongoing discussions with parents about introducing new textures to their child.
- ✓ We ensure that foods are prepared in a suitable way for each child's developmental needs and that foods are prepared in a way to prevent choking.
- ✓ Where Epi Pens may be needed, we will ensure staff members have the relevant training to ensure effective administration of these.
- ✓ We ensure that children are seated safely in an appropriately sized low chair.
- ✓ We ensure to check that children have completely finished eating before they leave the table and remain seated while they have food in their mouths. We teach children to stay at the table until they have finished what is in their mouths to prevent choking.
- ✓ Children are always within sight **and** hearing of a member of staff whilst eating and staff sit facing children whilst they eat to be alert of silent choking, prevent food sharing, and be aware of any unexpected allergic reactions.
- ✓ All staff members and students hold a valid Paediatric First Aid certificate.
- ✓ Whenever a child experiences an actual or potential choking incident, we ensure this is recorded and parents are made aware. Furthermore, we review

how the child choked, what the outcome was and put in measures to make sure it does not happen again.

- ✓ All staff hold a Food Hygiene certificate and have had training regarding allergies.
- ✓ We promote healthy eating habits and encourage children to eat a range of healthy foods without added sugar.
- ✓ Children are encouraged to drink water. Milk (dairy alternatives available) is offered at mealtimes.