



Co-headteachers: Kerrie L Clowes MA BA (Hons) PGCE NPQH/ Emma E Doyle BA (Hons) PGCE NPQH

Deputy head: Sarah L Booker BA (Hons) QTS

Assistant head: Joel M Edwards MA BA(Hons) QTS

Scrooby Road, Harworth, Doncaster, South Yorkshire, DN11 8JT

Tel: 01302 742477

Email: office@harworth.smat.org.uk

# EYFS Food Health & Safety Policy

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Our pledge is for every member of our school family to 'gain a heart of wisdom' every day. We aim to live wisely as we **Amaze** with our knowledge, zest for learning and kindness to ourselves and others. We aim to live well as we **Achieve** our full potential in a happy, caring and fully inclusive environment based on the core values of Christianity. We use our wisdom and hearts to **Aspire** to reach great heights as we take flight on our individual journey of endless possibilities.

**Amaze. Achieve. Aspire**  
to  
'Gain a heart of wisdom'

## 1. Policy Statement

At Harworth Church of England Academy, we are committed to ensuring the health, safety and wellbeing of all children in our Early Years Foundation Stage (EYFS). We recognise that young children are particularly vulnerable to risks associated with food preparation, allergies, choking and foodborne illness. This policy sets out the measures we take to ensure that all food and drink provided, prepared or consumed within the EYFS is managed safely, hygienically and in line with statutory requirements.

This policy reflects our safeguarding duty to promote children's welfare and is underpinned by our Christian vision to enable every child to "gain a heart of wisdom" by learning, growing and thriving in a safe and nurturing environment.

## 2. Scope of the Policy

This policy applies to:

- All EYFS provision (Nursery and Reception)
- All staff, volunteers and students working in EYFS
- Food prepared on site, supplied by school catering, or brought from home
- Snacks, meals, drinks, food used for learning activities and celebrations

## 3. Legal Framework

This policy has due regard to the following legislation and statutory guidance:

- **Early Years Foundation Stage (EYFS) Statutory Framework** (DfE, effective September 2025) – Safeguarding and Welfare Requirements, including safer eating and food hygiene
- **Childcare Act 2006**, Section 39 – welfare requirements, including health and safety in early years provision
- **Food Safety Act 1990** – duties relating to food safety and hygiene
- **Food Hygiene (England) Regulations 2006**
- **Health and Safety at Work etc. Act 1974**
- **Management of Health and Safety at Work Regulations 1999**
- **EYFS Nutrition Guidance** (DfE, 2025)
- **Help for Early Years Providers: Food Safety** (DfE)



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## 4. Responsibilities

### School Leadership

- Ensure that this policy is implemented consistently
- Ensure staff receive appropriate training related to food safety, allergies and choking prevention
- Monitor compliance through risk assessments and supervision

### EYFS Staff

- Follow safe food preparation and handling procedures at all times
- Be familiar with individual children's dietary requirements, allergies and intolerances
- Supervise children at all times when eating or drinking
- Report any concerns related to food safety immediately

### Parents and Carers

- Provide accurate up-to-date information about their child's dietary needs
- Follow school guidance regarding food brought in from home

## 5. Food Hygiene and Preparation

- All areas used for food preparation are kept clean and hygienic
- Staff involved in food handling follow good hand-hygiene procedures
- Food is stored, prepared and served in accordance with food hygiene regulations
- Surfaces and equipment are cleaned appropriately before and after use
- Staff preparing food are competent to do so, as required by the EYFS [

## 6. Safer Eating and Choking Prevention

In line with the EYFS safer-eating requirements:

- Children are always **seated appropriately** while eating
- **A paediatric first-aid trained member of staff is present** whenever children are eating
- Children are **closely supervised** at all times during meals and snacks
- Food is prepared to reduce choking risks (e.g. grapes and cherry tomatoes cut lengthways)
- Whole nuts, popcorn, hard sweets and other high-risk foods are not permitted



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## 7. Allergies and Special Dietary Requirements

- Dietary information is gathered before a child starts in EYFS and updated regularly
- Food allergies, intolerances and medical dietary needs are clearly recorded and shared with staff
- Allergy action plans are in place where required, in partnership with parents and health professionals
- All staff recognise the signs of allergic reactions and know emergency procedures

## 8. Food From Home

- Any food brought in from home is risk assessed
- Parents are asked to avoid sending food containing nuts
- Food sharing is avoided
- Packed lunches are stored safely where required

## 9. Food in Learning Activities and Celebrations

- Food used for cooking, tasting or sensory activities is treated as food preparation and falls under this policy
- Consideration is given to allergies, hygiene and choking risks
- Non-food alternatives are used where appropriate

## 10. Training and Monitoring

- EYFS staff receive training on:
  - o Food hygiene
  - o Allergies and anaphylaxis
  - o Choking prevention and safer eating
- This policy is reviewed annually or in response to changes in legislation or guidance

## Review and Approval

- **Reviewed by:** Senior Leadership Team
- **Approved by:** Local Governing Body
- **Review cycle:** Annually