



Safer Eating & Drinking Policy

Purpose

Abi Nursery is committed to ensuring children eat and drink safely while in our care.

Mealtimes are recognised as important safeguarding moments. Staff supervise children closely to reduce the risk of choking, allergic reactions and other health risks.

Supervision During Meals

Children must always be **within sight and hearing of staff while eating or drinking**.

A member of staff with **Paediatric First Aid training** will always be present during meals and snack times.

Staff must remain attentive and positioned so they can respond quickly if a child shows signs of choking or distress.

Allergies and Dietary Requirements

Before a child starts at Abi Nursery we collect information from parents about:

- food allergies
- intolerances
- dietary requirements
- medical conditions affecting eating.

All staff must be aware of this information.

Where required, **allergy action plans** will be developed with parents and healthcare professionals.

Safe Food Preparation

Food provided at Abi Nursery will be:

- healthy and balanced
- prepared safely
- suitable for the child's age and stage of development.

Staff will reduce choking risks by ensuring food is prepared appropriately.

Examples include:

- cutting grapes and tomatoes lengthways
 - removing stones and pips from fruit
 - ensuring firm foods are softened or cut into appropriate sizes.
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Safe Eating Environment

Children will be seated safely during meals using appropriate chairs or highchairs.

Staff will:

- minimise distractions



- sit facing children while they eat
 - encourage children to eat slowly and safely
 - monitor children closely during meals.
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Recording Incidents

Any choking or food-related incident will be:

- recorded
- reported to parents
- reviewed to identify any safety improvements.