MURDISHAW WEST PRIMARY & NURSERY SCHOOL

SAFER EATING POLICY

Autumn 2026

Policy Title	SAFER EATING POLICY
School/HBC	School
Written by	V Edwards/ J Phillips
Staff Approval Date	September 2026
Committee Approval Date	
FGB Ratification Date	November 2026
Signed by Chair of Governors	D Cox
Date	
Review Date	November 2027

At Murdishaw West Primary & Nursery School, we will ensure that we meet the requirements of the Early Years Foundation Stage Statutory Framework which states that:

Paediatric First Aid

Whilst children are eating there will always be a member of staff in the room with a valid pediatric first aid certificate. Pediatric First Aid training is completed every 3 years.

Special Dietary Requirements

Before a child is admitted to Murdishaw West Primary & Nursery School, we will obtain information about any special dietary requirements, preferences, food allergies and intolerances that the child has, and any special health requirements. This information will be updated regularly and shared with all staff involved in the preparing and handling of food. At each mealtime, there will be a named practitioner who is responsible for checking that the food being provided meets all the requirements for each child.

Allergies

At Murdishaw West, we will ensure that all staff receive allergy training and how to treat anaphylaxis and ensure that they are aware of the symptoms and treatments for allergies and anaphylaxis. We will work with parents and carers and, where appropriate, health professionals to develop allergy action plans for managing any known allergies and intolerances. This information will be kept up to date and shared with all staff by our allergy lead. All staff will be trained to understand that children can develop allergies at any time, especially during the introduction of new foods. We are a nut free school.

Choking

We will risk assess and prepare food in a way to prevent choking. This will include checking food sizes, cutting up food to appropriate sizes, not giving risky food and adapting food sizes in accordance with the needs of individual children. All staff will be trained in knowing how to support children if they are gagging or choking.
All children will be seated safely and supervised when eating.

Record Keeping

If a child experiences a choking incident, this information will be recorded and shared with parents/carers in accordance with our accident and incident procedures. These records will be reviewed regularly, and any themes or trends will be addressed to reduce the risk of choking. Appropriate action will be taken to address concerns.

Murdishaw West Community Primary School follows the Food Standards Agency (FSA) guidance on allergen management and key food safety expectations to ensure all children can eat safely. We require that all food provided on site complies with statutory allergen labelling and the School Food Standards.