



## Safer eating policy

Each child starts at nursery at a different age and stage in their life, at Georgie Porgies we have developed this policy to safeguard mealtimes and reduce any risk to our children.

When children are registered with our setting we obtain details that include dietary requirements, health conditions and food allergies, so we have a good starting point.

### **Weaning**

The NHS recommends that parents introduce babies to solid food from 6 months old. This is a general guideline and babies will progress at different paces, it is important to focus on where they are at and not where they are expected to be.

At Georgie Porgies we ask for our parents to provide their child with food from home that we can store correctly at nursery if they are under the age of 12 months old, this gives us the opportunity to understand where the baby is up to in the weaning process and conversations about food progression should be ongoing with parents.

All our babies are safely seated in a low chair whilst eating.

Please see our policy on Allergy and Allergic reactions.

### **Safeguarding Mealtimes**

Mealtimes are a social occasion for all at nursery but what is also highly important is the children's safety.

We endeavour to make sure all our staff hold a Food Hygiene Level 2 Certificate, so our staff are trained to help serve and prepare snack correctly/hygienically and in line with preventative measures for cutting certain foods in regards to choking.

We strive to have all our staff fully qualified with a Paediatric First Aid Certificate, if this is not always feasible each room will have at least one member of staff with a PFA supervising mealtimes, we will also ensure that staff sit at the children's meal tables to help and support the changing development of babies and children at these times.

A First Aid box is accessible in every room.

Signed :