

## A LEGACY OF SAFETY:

# NEW EYFS 2025 SAFER EATING RULES



Following the tragic loss of their son, Oliver, to a choking incident, Zoe and Lewis Steeper formed the **Oliver Steeper Foundation**. Their honourable campaign successfully reformed the EYFS, making **EYFS 2025 Safer Eating regulations (3.63 – 3.70)** mandatory safety practices protected in law.

## THE FIGHT FOR CHANGE: OLIVER'S LEGACY

The Foundation worked to close critical regulatory loopholes identified through a Coroner's Prevention of Future Deaths Notice:

- ✓ **Mandatory Paediatric First Aid (PFA):** Closed the loophole allowing some staff to count in ratios without a current PFA certificate. It's now compulsory.
- ✓ **Specific Supervision Rules:** New requirements added for supervision whilst eating and guidance on safe food preparation.
- ✓ **Safer Eating Campaign:** A national initiative providing simple, effective visual aids on appropriate food stages for staff & parents – can be found here:



## EYFS 2025 RULES: MEALTIMES IN PRACTICE

### 1 Staffing and Supervision:

- **PFA Presence:** A PFA-trained member of staff must be present any time children are eating.
- **Close Observation:** Staff must closely observe and listen to children while eating and drinking.
- **Mealtimes:** Supervising staff should face the children to prevent food swapping and react quickly to choking/allergies.
- **Environment:** Use highchairs/appropriately sized low chairs, aim for an environment with minimal distractions.

### 2 Allergy Management: A Key Priority

The update places a strong emphasis on managing food allergies and intolerances, which can develop at any time:

- **Information:** You must gather detailed information on dietary needs, allergies, and intolerances before a child starts.
- **Nominated Staff:** Each child should have a nominated staff member responsible for checking their food/drink is safe
- **Allergy Action Plans:** Develop plans with parents/carers, review them regularly, and share with all staff. All staff must recognise symptoms and treatments for allergies and anaphylaxis.  
Scan for guidance on creating plans:



### 3 Weaning and Food Preparation:

- **Introducing Solids:** Must be done in consultation with parents/carers and based on the child's individual developmental stage, not just on age assumptions.
- **Safe Preparation:** Food must be prepared suitably to prevent choking. Settings should refer to the DfE's support site for specific guidance on preparation safety.
- For more information about your legal obligations when serving food, visit:  
[www.bit.ly/ServingFood](http://www.bit.ly/ServingFood)

### 4 Incident Reporting:

Any choking incidents must be recorded, and parents/carers must be made aware.

Review records of any near-miss incidents or accidents often to identify any patterns or common issues that need to be addressed.

Update staff training, including these courses specifically designed for Early Years:

- **Food Safety** – [www.bit.ly/2025FoodSafety](http://www.bit.ly/2025FoodSafety)
- **Allergy Awareness** – [www.bit.ly/2025Allergy](http://www.bit.ly/2025Allergy)
- **Health and Safety** – [www.bit.ly/2025Hands](http://www.bit.ly/2025Hands)

## BEYOND THE FRAMEWORK: PRACTICAL LIFESAVING MEASURES

The Oliver Steeper Foundation goes beyond regulatory reform to focus on practical, day to day safety. By collaborating with **The Banana Moon franchise**, they rolled out **LifeVac anti-choking devices** and provided LifeVac travel kits to every nursery, ensuring protection even during outings. This initiative also installed defibrillators (defibs) across all Banana Moon settings, showing a commitment to addressing emergency scenarios and setting a sector benchmark of improvement.



### EYFS 2025: WHAT YOU NEED TO DO NOW



As an early years practitioner, manager, or childminder, you should familiarise yourself with the 2025 reforms now in readiness for implementation. Your immediate action plan should include:

- ✓ **Check Rotas:** Ensure your staff rota guarantees adequate ratios and the mandatory availability of PFA-trained staff at all mealtimes.
- ✓ **Review Guidelines:** Update your weaning and your safe food preparation guidelines and ensure your menus are compliant.
- ✓ **Create Action Plans:** Learn how to create and implement robust allergy action plans, ensuring your entire team understands how to use them.
- ✓ **Update Training:** Refresh staff training, particularly in Paediatric First Aid, Food Safety, and Allergy Awareness.
- ✓ **Reconfigure Dining:** Make it easy to observe children eating and ensure all furniture is suitable and secure.

The EYFS 2025 Safer Eating regulations are a vital, mandatory step in protecting children. By embracing these changes, we honour Oliver's memory and ensure a lasting legacy of safety.



Read all about Oliver and the Oliver Steeper Foundation at: [www.tosf.org.uk](http://www.tosf.org.uk)  
Anyone who wishes to purchase a LifeVac for their setting can use the code **EDEN10** to be given a 10% discount on the value of the order placed via [www.tosf.org.uk/category/lifevac-anti-choking-kits](http://www.tosf.org.uk/category/lifevac-anti-choking-kits)