



CLASSROOM MEALTIME

SAFETY CHECKLIST



Small steps. Big protection. Safe meals. Happy kids.



1. REVIEW ALLERGY INFORMATION

Check each child's allergies and special dietary needs before meals and snacks.

CHECK

☐

2. CHECK EMERGENCY MEDICATIONS

Ensure all emergency medications are available, unexpired, and easily accessible.

☐

3. CHILDREN ARE SEATED WHILE EATING

All children should sit at the table while eating. No walking, running, or playing with food.

☐

4. FOOD IS PREPARED IN SAFE SIZES

Cut foods appropriately for children's ages. Avoid known choking hazards.

☐

5. TABLES & SURFACES CLEANED

Clean and sanitize tables, high chairs, and eating surfaces before and after meals.

☐

6. HANDWASHING COMPLETED

Children and staff wash hands before and after eating.

☐

7. NO FOOD SHARING

Remind children to keep their own food, drinks, and utensils to themselves.

☐

8. ACTIVE SUPERVISION MAINTAINED

Stay with the children during meals. Monitor eating, chewing, and any signs of distress.

☐

NOTES

Blank lined area for notes.

