

FOOD SAFETY

Oakbridge Little Learners is committed to ensuring that safe and healthy practices around the storage, preparation and serving of food are maintained within the nursery. When preparing food, staff will observe current legislation regarding food hygiene and training.

We have set high standards of personal hygiene for all members of staff involved in the handling and preparation of food. Any person showing signs of ill health will not be permitted to handle food.

We make use of the 'Safer Foods, Better Business' pack and guidance published by the Food Standard Agency (FSA).

We do this by:

- *Always washing hands with the anti-bacterial soap and hot water before and after handling food, using the toilet, or changing nappies.
- *Use disposable paper towels to dry hands.
- *Wearing correct sterile clothing, disposable aprons if necessary.
- *Staff handling food should hold a current Food Hygiene certificate.
- *Make sure all fruit and vegetables are washed and cut up before being served.
- *Avoid wearing jewellery, especially rings, watches, and bracelets.
- *Any cuts, spots or sores on the hands and arms must be covered completely with a waterproof dressing.
- *Fingernails should be kept short and clean, food handlers, including children should not wear nails varnish as this may contaminate food.

Temperature Control

It is our policy to ensure that all foods are stored accordingly to safe food handling practises and at the correct temperature to prevent the growth of food poisoning organisms, to reduce the rate of food spoilage and to ensure that food quality is maintained.

Fridge temperatures are set at 5 degrees and are checked daily to ensure the correct temperature is being upheld. Milk is kept in a separate fridge.

Cooking and reheating food safely.

All precooked food is thoroughly defrosted before cooking, we defrost individual portions of food we need in the fridge overnight. Checks are made to ensure that food is very hot (steaming) all the way through. We use a disinfected temperature probe to prove the thickest part or the centre of the food is cooked to a safe temperature of at least 70C. it is let cool a little before serving it to the child. When we reheat food in the microwave, standing and stirring are part of the process of cooking to make sure that food is the same temperature all the way through.

Cleaning of food preparation areas.

Every week the fridge is thoroughly cleaned and all items in the fridge are checked for freshness, and all food past their use by or best before date are correctly disposed of.

- *Shelves and drawers are removed and cleaned with warm soapy water.

- *The inside walls are cleaned from top to bottom with anti-bacterial cleaner.

- *The seals around the fridge are cleaned to ensure no spillages or stains.

- *Freezers are defrosted (or non-frost free) and cleaned once a month following the same procedure.

All food preparation surfaces are wiped clean after use with anti-bacterial cleaner, cloths used to wipe down surfaces are disposable, or any dish cloths used for the tables are washed each day and dried overnight, these are taken away for washing at 90C in a washing machine twice a week. The tables used for meals are cleaned using antibacterial disposable wipes. All cutlery, plates, and cups etc are washed in the dishwasher.

Food waste bin is kept away from food preparation areas. This area is cleaned and disinfected regularly.

Meal and snack time

During meal and snack times, we always encourage children to gain an understanding of how food and water is an essential part of growing big and strong. Our aim is to meet the dietary and cultural requirements to promote children's healthy growth and development as outlined in the EYFS.

We will ensure that all meals and snacks are nutritious, healthy and balanced. Menus are available which includes the details of all the ingredients the meal contains.

Children's medical and personal dietary requirements are always known and respected. Parents/carers are required to provide details of their child's needs when they enrol into the nursery.

Multicultural diet is always offered, to make sure those children from all backgrounds encounter familiar tastes and that all children can try new food. Dietary rules of religious groups, vegetarians/vegans are known and met in an appropriate way, making sure that they are always respected and valued within the setting.

Allergies

The nursery caters for children's specific dietary needs that may include allergies or food intolerances, or because of religious, cultural, or ethical reasons. Staff are made aware of children's specialist requirements through information provided by parents. These are displayed on the board.

All babies have an up-to-date meal plan in place, checks are made regarding.

- *Are their meals blended?

- *When should lump be introduced?

- *Has the parents introduce significant changes such as lumps at home first and how did they react.

Babies are supervised at all mealtimes we:

- *Never hurry them when eating and allow plenty of time for meals.

- *Only put a small amount of food on the tray at a time.

- *Food pieces no larger than one-half inch in any direction.

Children have fresh water available to them during mealtimes.

Created August 2015

Reviewed and amended January 2023

