



Food Safety Policy

At Little Meadows Nursery we recognise that the quality of the meals and drinks served to children makes an important contribution to their overall well-being. Mealtimes are an opportunity for staff and children to share conversation in a relaxed and comfortable atmosphere. Staff act as good role models and encourage children to try a variety of foods. Older children are encouraged to be independent and serve themselves and all children help with arrangements for setting up and clearing away meals. Opportunities are taken to talk to children about healthy eating, to explore different types of food and to grow fruit and vegetables which the children can then eat as part of their meals.

Breakfast is offered to children attending the nursery in the mornings. Snacks of fresh fruit, water and/or milk are provided throughout the day and are offered to children regularly. A snack is provided in the afternoon. Fresh drinking water is always available for the children throughout the day.

All staff receive basic food hygiene training to enable them to handle and serve food safely. Cleaning routines in the kitchen and serving areas have been set up to ensure that all areas and storage areas are cleaned correctly. Food is stored at the appropriate temperature and all fridges and freezers are checked daily and cleaned regularly. Cleaning schedules follow the Food Standards Agency guidelines. The kitchens are inspected regularly by Officers from the Local Environmental Health Team and a number grading is awarded which is displayed in the nursery. Little Meadows use an outside catering company to provide meals for the children and the Nursery Manager will ensure standards adhered to within our settings are also adhered to by a contracted company.

Organisation of Mealtimes

- Mealtimes are a sociable and relaxed time for the children to enjoy their food in an unhurried manner.
- Children sit together in social groups and conversation is encouraged, supported by the adults
- Children are grouped in a manageable and calm way and good table manners are promoted throughout.
- Children are encouraged to use cutlery and try new foods in a calm and encouraging manner. By trying we encourage children to look at the food, feel the food, smell it and listen if it makes a noise.
- Adults will always sit with the children and be positive role models for them.
- Any child who has severe food allergies will be supervised closely by a staff member during all mealtimes.
- Children are encouraged to be independent with serving themselves, preparing the tables and clearing away. Staff will always support this and use mealtimes as a learning opportunity by counting cups, seeing if there are enough plates etc.
- Portion control is appropriate and older children are encouraged to serve themselves.
- Children always have control over when they have finished eating and staff can encourage them with a little more, but under no circumstance are children forced or pushed.
- Food is never used as a punishment or reward.
- Staff serving mealtimes always use personal protective clothing including disposable aprons and disposable gloves or hand washing if they are handling foods.

Helping Children understand Healthy Eating Principles

- Staff are to be positive role models for the children at all times they have contact during mealtimes.
- The routine ensures children have opportunities to be active and have a healthy lifestyle and mealtimes are part of this.
- Children are offered a healthy and balanced diet each day.



- Sweets are avoided and are only given to take home so parents can monitor their child's intake.
- Healthy foods are promoted in areas such as cooking with the children.
- High salt and sugary foods are avoided.
- Sweet foods are given in moderation, again with balance in mind.

Informing and Managing Children's Food allergies and intolerances (see separate policy)
Maintaining High Standards of Cleanliness in the Kitchens

- It is our appointed food hygiene role to ensure the kitchen areas are clean and hygienic at all times.
- Any support staff are trained to use the correct chemicals to maintain a hygienic environment.
- All settings use the 'Safer Food, Better Business' guidance issued by the Local authority environmental Health Team.
- A deep clean of kitchen areas is completed regularly.

Purchase, storage, and preparation of food:

Fridge and freezer temperatures are monitored and recorded daily.

The refrigerators must be cleaned regularly or more often if needed and the details recorded.

Food preparation areas are cleaned before use as well as after use.

Food and food only, must be stored in areas designated specifically for that purpose.

Food is stored at correct temperatures and is checked to ensure it is in-date and not subject to contamination by pests, rodents, or mould. Cold food must be kept at a temperature of below 5 degrees C.

All foods must be stored under conditions that will prevent their deterioration. Instructions on the label, if present, should be followed.

Signs of any type of pest infection must be reported immediately. Pest control file found in the office.

Food must be thoroughly cooked to ensure that the centre reaches a temperature of at least 75 degrees C for 2 minutes.

Any food or liquid spillage must be cleaned up immediately

Food not eaten at the meal for which it was prepared must not be kept.

Waste food is disposed of daily.

Reporting of food poisoning:

Food poisoning can occur for several reasons; not all cases of sickness or diarrhoea are as a result of food poisoning and not all cases of sickness or diarrhoea are reportable. Where children and/or adults have been diagnosed by a GP or hospital doctor to be suffering from food poisoning and where it seems possible that the source of the outbreak is within the setting, the manager will contact the Environmental Health Department and the Health Protection Agency, to report the outbreak and will comply with any investigation. If the food poisoning is identified as a notifiable disease under the Public Health (Infectious Diseases) Regulations 1988 the setting will report the matter to Ofsted.