

## **Health and Safety**

### **Food Hygiene**

(Including procedure for reporting food poisoning)

Our setting promotes a healthy lifestyle and a high standard of hygiene in its day to day work with children and adults. This is achieved in the following ways:

#### *Food*

The staff will observe current legislation regarding food hygiene, registration and training. In particular, each adult will:

- always wash hands under running water before handling food and after using the toilet.
- not be involved with the preparation of food if suffering from any infectious/contagious illness or skin trouble.
- never smoke in the nursery setting or the area immediately outside.
- never cough or sneeze over food.
- use different cleaning cloths for kitchen and toilet areas.
- Prepare raw and cooked food in separate areas.
- keep food covered and either refrigerated or piping hot.
- ensure waste is disposed of properly and out of reach of the children; keep a lid on the dustbin and wash hands after using it.
- wash fresh fruits and vegetables thoroughly before use.
- Ensure fresh drinking water is available for children at all times.

Any food or drink that requires heating will be heated immediately prior to serving, and not left standing. Heated food will be probed and temperature recorded. No food or drink will be reheated.

Tea towels will be kept scrupulously clean and washed between each session on a 90 degrees wash.

All utensils will be kept clean and stored in a dust-free place, eg: closed cupboard or drawer. Cracked or chipped china will not be used.

When cooking with children as an activity, the adults will provide healthy, wholesome food, promoting and extending the children's understanding of a healthy diet.

The sharing of refreshments can play an important part in the social life of the children, as well as reinforcing children's understanding of the importance of healthy eating. The setting will ensure that children's medical and personal dietary requirements are respected and met. The setting will provide cooked lunches and teas.

There will be specific times when children may be introduced to new tastes. Children will never be forced to eat food from home or which is introduced at the setting. Meal times are a corporate time for personal and social development. Children are not forced to eat food

against their will but are gently encouraged to eat their food using good table manners. Children will be encouraged to eat savoury first. If the child does not seem to like the food, staff will liaise with parents.

- Nursery Meals ( Newport) As the nursery is highly committed to encouraging a healthy lifestyle, our nursery menu is designed to be healthy and nutritious. We regularly review and update the menu to keep abreast of any new information that may be issued by the Food Standards Agency (FSA).
- Packed Lunches. We would ask that parents work with us to achieve a healthy meal for their children by ensuring that packed lunches are also nutritious and healthy, and limit the children's intake of sugar and unhealthy options. We are always happy to provide parents with information to help with this, and will readily research for points we do not yet know. All packed lunches should have an ice pack included.

### *Drinks*

The Cool Milk Scheme enables children under five to receive, free of charge, 189ml of milk for each day they attend approved day care facilities for two hours or more. This nursery is a member of the Scheme and children are offered the choice of milk or water. We are committed to encouraging a healthy lifestyle for the children we care for and, as such, do not believe squashes should be offered. However, if a parent specifically requests this the nursery will make observations and will inform parents if they feel that these drinks are causing an adverse reaction, asking the parent to re-evaluate their request.

Drinks are always available throughout each day. Pre-school children are able to serve themselves and are encouraged to do so for developmental reasons. Children in other areas are encouraged to indicate, at any time, when they wish to have a drink. Children's intake of drinks will be monitored for abnormally high or low intake.

### *Reporting of food poisoning*

- Food poisoning can occur for a number of 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.

### **Legal Framework**

- Regulation (EC) 853/2004 of the European Parliament and of the Council on the hygiene of foodstuffs

### **Further guidance**

- *Safer Food Better Business* (Food Standards Agency)  
[www.food.gov.uk/foodindustry/regulation/hygleg/hyglegresources/sfbb/sfbbcaterers](http://www.food.gov.uk/foodindustry/regulation/hygleg/hyglegresources/sfbb/sfbbcaterers)

### **Persons responsible for implementing this policy:**

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- Erica Dunwell/ Becky Kujabi – Wootton

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