03 Food safety and nutrition procedures

**03.1 Food preparation, storage and purchase**

**General**

* The manager & Administrator maintain a Food Allergy and Dietary Needs poster with:
* a list of all children with known food allergies or dietary needs updated at least once a term (the personal/medical details about the allergy or dietary needs remain in the child’s file along with a copy of the risk assessment). This is clearly displayed for all staff and the risk assessment shared with all staff.
* a copy of the FSA booklet ‘Allergen information for loose foods’ available at www.food.gov.uk/sites/default/files/media/document/loosefoodsleaflet.pdf
* The setting manager is responsible for informing the trustees who then reports to Ofsted any food poisoning affecting two or more children looked after on the premises. Notification must be made as soon as possible and within 14 days of the incident.

# Purchasing and storing food

* Food is purchased from reputable suppliers.
* Pre-packed food (any food or ingredient that is made by one business and sold by another such as a retailer or caterer) is checked for allergen ingredients and this information is communicated to parents alongside menu information. For example, a meat pie bought at a supermarket or a tin of baked beans or the ingredients for a recipe prepared on site.
* If food that is not pre-packed (described as ‘loose food’), such as sandwiches bought from a bakery is served, then allergen information will have been provided by the retailer, this information must then be shared in the same way with parents.
* Parents are requested not to bring food that contains nuts. Staff check packets to make sure they do not contain nuts or nut products.
* Bulk buy is avoided where food may go out of date before use.
* All opened dried food stuffs are stored in airtight containers.
* Dried packaged food is not decanted from packaging into large bins or containers as this prevents monitoring of sell by/use by dates and allergen information.
* Food is regularly checked for sell by/use by dates and any expired items are discarded.
* Bottles and jars are cleaned before returning to the cupboards.
* items are not stored on the floor; floors are kept clear so they can be easily swept.
* Perishable foods such as dairy produce are to be used the next/same day. Soft fruit and easily perishable vegetables are kept in the fridge at 1- 5 Celsius.
* Packaged frozen food should be used by use by dates.
* Food left over should not be frozen unless it has been prepared for freezing.
* Freezer containers should be labelled, dated and used within 1-3 months.
* Fridge and freezer thermometers should be in place. Recommended temperatures for fridge 37 degrees Fahrenheit (3 degrees Celsius), and freezers 0 degrees Fahrenheit (-18 degrees Celsius). Temperatures must be checked and recorded daily to ensure correct temperatures are being maintained.
* Fruit and vegetables stored in the fridge are washed thoroughly before refrigeration to reduce risk of pests and E.coli contamination.
* Staff’s own food or drink should be kept in a fridge in the staff room to avoid mix ups.
* Items in fridges must be regularly checked to ensure they are not past use by dates.

**Preparation of food**

* Food handlers must check the content of food/packets to ensure they do not contain allergens.
* Food handlers wash hands and cover any cuts or abrasions before handling food.
* Separate boards and knives are used for chopping food, usually colour coded.
* All vegetables and fruit are washed before preparing.
* Food left out is covered, for example when cooling down.
* Where a microwave is available, it is not used to heat children’s food.
* A food probe is used to check temperature of food, it is checked in a number of places to avoid ‘hot spots’.
* Raw eggs are not to be given in any form, such as mousse or mayonnaise.
* When given to children, eggs are fully cooked.

# Serving Food

* Staff risk assess the likelihood of children with dietary restrictions accessing the food of other children and must take appropriate action to prevent this from happening, for example:
* check the list of children’s dietary requirements displayed in the food preparation area
* other methods as agreed by the setting manager
* Children with allergies/food preferences are not made to feel ‘singled out’ by the methods used to manage their allergy/food preference.
* Food served to children with identified allergies is checked by a staff member to ensure that the meal (and its ingredients) does not contain any of the allergens for that child.
* Tables are cleaned before and after, with soapy water or a suitable non-bleach product.
* Members of staff serving food wash their hands and cover any cuts with a blue plaster.

**E.coli prevention**

Staff who are preparing and handling food, especially food that is not pre-prepared for consumption e.g. fruit and vegetables grown on the premises, must be aware of the potential spread of E.coli and must clean and store food in accordance with the E.coli 0157 guidance, available at:

[www.food.gov.uk/business-industry/guidancenotes/hygguid/ecoliguide#.U7FCVGlOWdI](https://preschoolla.sharepoint.com/sites/COMM/Shared%20Documents/Pubs/Pubs%20Print%20Promo/Pub%20Drafts/A026%20Policies%20%26%20Procedures%20for%20the%20EYFS%202021/A026%20FINAL/www.food.gov.uk/business-industry/guidancenotes/hygguid/ecoliguide#.U7FCVGlOWdI)

**Further guidance**

Eat Better, Start Better (Action for Children 207) [www.foundationyears.org.uk/eat-better-start-better/](http://www.foundationyears.org.uk/eat-better-start-better/)

Example Menus for Early Years Settings in England (PHE 2017) [www.gov.uk/government/publications/example-menus-for-early-years-settings-in-england](http://www.gov.uk/government/publications/example-menus-for-early-years-settings-in-england)

Safe Food Better Business [www.food.gov.uk/business-guidance/safer-food-better-business-sfbb](http://www.food.gov.uk/business-guidance/safer-food-better-business-sfbb)

Allergen information for loose foods (Food Standards Agency 2017) [www.food.gov.uk/sites/default/files/media/document/loosefoodsleaflet.pdf](http://www.food.gov.uk/sites/default/files/media/document/loosefoodsleaflet.pdfn)

Campylobacter (Food Standards Agency) [www.food.gov.uk/news-updates/campaigns/campylobacter/fsw-2014](http://www.food.gov.uk/news-updates/campaigns/campylobacter/fsw-2014)

Food allergy/anaphylaxis guidance

<https://www.bsaci.org/wp-content/uploads/2020/02/BSACIAllergyActionPlan2018NoAAI2981-2.pdf>

<https://www.nhs.uk/conditions/anaphylaxis/>

<https://www.nhs.uk/conditions/food-allergy/>