

# Food Hygiene



The Arc Nursery aims to have a good understanding of children's dietary and religious requirements and meet these appropriately to promote children's healthy growth and development. The Arc Nursery we provide and serve food for children on the following basis:

- Breakfast -8-9am
- Snacks -10am
- Lunch-11.45am
- Snack-2pm
- Tea-4pm

We maintain the highest possible food hygiene standards with regard to the purchase, storage, preparation and serving of food.

We are registered as a food provider with the local authority Environmental Health Department.

## Procedures

The sharing of refreshment is an important part in the social life of the Arc, as well as reinforcing children's understanding of the importance of healthy eating. The nursery will ensure that it fulfils all the requirement of the registering authority and aims to:

- Provide nutritious meals and snacks, avoiding large quantities of fat, sugar, salt, additives, preservatives and colouring.
- Discuss with parent their child' dietary needs, including allergies, before they start to attend the nursery: We will then make appropriate arrangements to meet each child's individual needs (see registration form)
- Ensure the menus are planned in advance and that food offered is fresh, wholesome and balanced. A copy of the menu is displayed on the notice board and the Arc website
- Staff promotes a positive attitude to healthy eating through play/art activities and discussion. Children take part in preparing some of their food, making bread and cakes on a regular basis and growing vegetable and herbs in the garden.
- The Arc nursery provides all formulas of mild for babies and staff prepare milk feed as instructed on the packaging.

The person in charge and the Cook (person responsible for food preparation) understands the principles of Hazard Analysis and Critical Control Point (HACCP) as it applies to their business. This is set out in *Safer Food Better Business*. The basis for this is risk assessment as is applies to the purchase, storage, preparation and serving of food to prevent growth of bacteria and food contamination.

- All staff follow the guidelines of *Safer Food Better Business*.
- At least one member of staff forms each room and the Cook has an in-date Food Hygiene Certificate.
- The person responsible for food preparation and serving carries out daily opening and closing checks on the kitchen to ensure standards are met consistently. (See *Safer Food Better Business*.)
- We use reliable suppliers for the food we purchase.
- 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.

- Food preparation areas are cleaned before use as well as after use.
- There are separate facilities for hand-washing and for washing up.
- All surfaces are clean and non-porous.
- All utensils, crockery etc are clean and stored appropriately.
- Waste food is disposed of daily.
- Cleaning materials and other dangerous materials are stored out of children's reach.
- Children do not have access to the kitchen.

When children take part in cooking activities, they:

- Are supervised at all times;
- Understand the importance of hand washing and simple hygiene rules
- Are kept away from hot surfaces and hot water
- Do not have unsupervised access to electrical equipment such as blenders etc.

### ***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)

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## Meal Times

Breakfast is provided by a staff member. All other meals and snacks are provided by our in-house qualified Cook. The cook ensures, the children receive a well balanced varied diet and take into consideration children's allergies, cultural and religious dietary needs.

### **Breakfast** 8-9.00am

Children have a choice of whole wheat or oat cereals, toast, cheese/egg

### **Snack Time-** Milk bar 10.00am

Selection of fruit, oat/rice cake, cracker with milk or water

### **Lunch** 12.45am

Cooked fresh meat/fish, potato/rice/pasta, with a selection of vegetables  
Fruit Puddings, yogurt, rice pudding or semolina

### **Snack Time** - Milk bar 2.00pm

Selection of fruit, oat/rice cake, cracker with milk or water

### **Tea** 4.00pm

Freshly prepared high tea

## Procedure

- Staff will ensure tables are cleaned before food is served
- Staff will ensure children wash their hands before eating and after eating food.
- All food must be served on coloured coded plates
- One member of Staff will sit at each table with children during meal times ensuring children sit properly at the tables and good table manners are encouraged, staff also ensure children do not share each other's food.
- Staff will quickly tidy away all remanding food from table and floor and clean all surfaces to ensure no child has access to any food they are not allowed i.e. a child with allergies cannot have access to food which they are allergic
- Staff must wash and clean all tables and chairs after children have eaten.
- Staff will sweep and if necessary wash floor where food has been spilt
- Children will not be put to bed until food has had time to digest a minimum of 15 minutes.

Staff must not leave the room during meal time or any time unless communicated to the room leader or the nominated person in charge

Staff will not change children's nappies during meal times unless absolutely necessary.

**Bottle feeding** – Babies are held by a member of staff when feeding babies from a bottle