03 Food safety and nutrition procedures

**03.1 Food preparation, storage and purchase**

**General**

* All staff have up to date certificated training on food safety.
* We refer to Eat Better, Start Better (Action for Children 2017) and Example menus for early years settings in England (PHE 2017) which contains guidance on menu planning, food safety, managing food allergies and reading food labels.
* The setting manager is responsible for ensuring that the requirements in Safer Food Better Business are implemented.
* All staff responsible for preparing food have undertaken the Food Allergy Online Training CPD module available at <http://allergytraining.food.gov.uk/>.
* The setting manager is responsible for overseeing the work of all food handlers to ensure hygiene and allergy procedures are complied with.
* We carry out and record daily opening/closing checks, four weekly reviews.
* The setting manager maintain a Food Allergy and Dietary Needs folder 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
* a copy of the Food Allergy Online Training CPD certificate for the cook and each member of staff that has undertaken the training
* 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.
* 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.
* ‘Squeezy’ plastic bottles are not used for sauces.
* Items are not stored on the floor; floors are kept clear so they can be easily swept.
* Perishable foods such as dairy produce, meat and fish 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, such as home-made bread or stews. Hot food should be left to cool for up to 1.5 hours and then quickly frozen.
* Fridge thermometer should be in place. Recommended temperatures for fridge 37 degrees Fahrenheit (3 degrees Celsius). Temperature must be checked and recorded daily to ensure correct temperature is being maintained.
* 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.
* A separate toaster is kept and used for children with a wheat or gluten allergy.
* Food prepared for children with dietary needs and preferences is clearly labelled and every effort is made to prevent cross-contamination.
* Raw eggs are not to be given in any form, such as mousse or mayonnaise.
* When given to children, eggs are fully cooked.

**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&%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)