

## 3.8 Food Safety, Storage and Preparation

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## 3.8 Food Safety, Storage and Preparation

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### **Policy Statement**

Miss B's Nursery recognises the importance of maintaining high standards of food safety and hygiene when storing, reheating and serving food within the setting. Although the nursery does not prepare full meals on site, pre-prepared food may occasionally be stored in the refrigerator or reheated in the oven prior to being served. We source our food from 'Nursery Kitchen', an accredited food provider.

The nursery follows safe food handling procedures to minimise the risk of contamination, foodborne illness, or allergic reactions. All food-related activities are carried out in accordance with recognised food safety guidance and in a manner that protects the health and well-being of children and adults.

These procedures support children's rights under the **United Nations Convention on the Rights of the Child (UNCRC)**, including:

- **Article 3** – The best interests of the child must always be a primary consideration.
- **Article 6** – Children have the right to life, survival and development.
- **Article 24** – Children have the right to the highest attainable standard of health and safe nutrition.
- **Article 27** – Children have the right to a standard of living adequate for their development.

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### **3.8.1 Storage of Food**

Any food that requires refrigeration is stored in the staff kitchen refrigerator, which is not accessible to children.

Food safety procedures include:

- ensuring food is stored in **clean, sealed containers** or appropriately covered.
- clearly labelling food where necessary.
- storing cooked or ready-to-eat foods separately from raw foods (where applicable).
- discarding any food that is no longer safe to consume.

The refrigerator is maintained at **5°C or below** to ensure safe food storage. Temperatures are checked regularly by staff to ensure that they remain within safe limits.

### 3: Safety & suitability of premises, environment and equipment

The refrigerator and storage areas are cleaned routinely as part of the nursery's hygiene procedures.

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#### **3.8.2 Reheating Pre-Prepared Food**

Where pre-prepared food needs to be reheated, this is done in the **staff kitchen oven**, which is restricted to staff use only.

The following safety procedures apply:

- Only staff members are permitted to operate cooking appliances.
- Food must be reheated thoroughly until **pipng hot throughout** before serving and determined by a food temperature probe.
- Food will only be reheated **once** and not reheated multiple times.
- Food is allowed to cool to a safe temperature before being served to children to prevent burns or scalds.

Hot food, trays and utensils are always kept well out of children's reach.

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#### **3.8.3 Allergy-Safe Food Handling**

Miss B's Nursery recognises that some children may have allergies or dietary restrictions. The nursery, therefore, takes careful precautions to reduce the risk of allergen exposure.

Procedures include:

- recording children's allergies and dietary needs during registration.
- ensuring staff are aware of allergy information.
- checking ingredient information before serving food.
- Sharing ingredient information to parents before serving food.
- avoiding foods known to cause severe allergic reactions for children attending the nursery (for example, **nuts or nut products**).
- preventing cross-contamination by using clean utensils and preparation areas.
- Supervising children during snack and mealtimes to prevent food sharing.

### 3: Safety & suitability of premises, environment and equipment

Where a child has a severe allergy and requires emergency medication, such as an **EpiPen**, staff follow the child's individual healthcare plan.

Parents are encouraged to inform the nursery promptly of any changes to their child's dietary requirements.

These measures support children's rights to health and protection under **UNCRC Articles 3 and 24**.

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#### **3.8.4 Staff Food Hygiene Practices and Training**

Miss B's Nursery ensures that staff involved in food preparation or handling understand safe hygiene practices.

Staff responsible for preparing or serving food are encouraged to undertake **appropriate food hygiene training**.

Good hygiene practices include:

- washing hands thoroughly before and after handling food.
- tying back long hair.
- wearing clean clothing or protective aprons where appropriate.
- using clean utensils and preparation surfaces.
- cleaning food preparation areas before and after use.

Staff also take care to prevent cross-contamination and remain aware of children's allergies and dietary needs when handling food.

Food safety procedures are reviewed periodically to ensure they remain effective and in line with current public health guidance.

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