



Food Safety in the kitchen

There are standard food safety procedures in place throughout Clare House Nursery. These procedures are reviewed regularly and adapted, where necessary, following risk assessments to ensure they meet the individual needs of the nursery. Food safety procedures work alongside our health and safety, infection prevention and control, allergy management and safeguarding procedures to ensure children receive safe, healthy and nutritious meals.

This policy is written in accordance with:

- Statutory Framework for the Early Years Foundation Stage (EYFS) (September 2026)
- Food Safety Act 1990
- Food Safety and Hygiene (England) Regulations 2013
- Food Standards Agency (FSA) – Safer Food Better Business
- Food Information Regulations 2014 (including Natasha's Law)
- Health and Safety at Work etc. Act 1974
- UK Health Security Agency (UKHSA) Guidance

General

- The Nursery Manager and staff responsible for food preparation hold appropriate Food Hygiene qualifications relevant to their role and keep this training up to date.
- Staff are familiar with the Government's '**Ten Steps for Healthy Toddlers**' guidance and promote healthy eating throughout the nursery.
- The Nursery Manager oversees food safety procedures and monitors compliance with hygiene standards.
- Food safety procedures are managed using the principles of **Hazard Analysis and Critical Control Points (HACCP)** through the **Safer Food Better Business** system.
- Daily opening and closing kitchen checks are completed.
- Procedures are in place to reduce the risk of:
 - Cross-contamination
 - Inadequate cleaning
 - Incorrect chilling
 - Unsafe cooking temperatures
- Any suspected outbreak of food poisoning affecting two or more children will be reported to Ofsted and the relevant public health authority in accordance with current guidance.

Purchasing and Storing Food

- Food is purchased from reputable suppliers.
- Deliveries are checked on arrival to ensure food is in good condition, within its use-by date and delivered at appropriate temperatures.
- Parents are asked not to provide foods containing nuts.
- Food is purchased in quantities appropriate to minimise waste and prevent products exceeding their use-by dates.
- Dry food is stored in sealed food-safe containers where appropriate and labelled with opening dates when required.
- Food is rotated using a **first in, first out** system.

- Food is checked regularly and any food that has exceeded its use-by date is disposed of immediately.
- Refrigerators are maintained between **0°C and 5°C** and temperatures are checked daily.
- Freezers are maintained at the recommended temperature and monitored regularly.
- Refrigerators and freezers contain thermometers.
- Freezers are defrosted in accordance with the manufacturer's instructions.
- Raw meat and fish are stored separately from ready-to-eat foods on the lowest shelves to prevent cross-contamination.
- Fruit and vegetables are washed before preparation.
- Staff food is stored separately in a designated refrigerator.
- All refrigerated food is regularly checked to ensure it remains safe to use.

Preparation of Food

- Staff wash their hands thoroughly before handling food and after any activity that may contaminate hands.
- Cuts and abrasions are covered with waterproof blue plasters.
- Long hair is tied back and appropriate protective clothing is worn.
- Separate colour-coded chopping boards and utensils are used.
- Raw and ready-to-eat foods are prepared separately.
- **Raw meat and poultry are not washed**, in accordance with current Food Standards Agency guidance.
- Fruit and vegetables are washed before preparation.
- Food awaiting preparation or cooling is protected from contamination using suitable food-safe covers or containers.
- Frozen food is thoroughly defrosted before cooking where appropriate.
- Food is cooked thoroughly and checked using a calibrated food probe. Temperatures are recorded where required.
- Where a microwave is used, food is reheated following manufacturer guidance, stirred where appropriate and checked to ensure it is piping hot throughout before cooling to a safe serving temperature.
- Food is prepared as close as possible to serving time.
- Hot food is served promptly and maintained safely before serving where necessary.
- Vegetarian and vegan meals are prepared separately to prevent cross-contamination.
- Individual dietary requirements, allergies and intolerances are always followed using the nursery's colour-coded allergy systems and individual healthcare plans.
- Raw eggs are not served unless they are British Lion marked and suitable for the intended use.

Serving Food

- Staff wash their hands before serving food.
- Waterproof blue plasters are used to cover cuts.
- Hot food is transported safely using suitable trolleys or carried following an individual visual risk assessment.
- Staff serving meals wear appropriate protective clothing.
- Children are supervised throughout mealtimes by staff.
- A paediatric first aider is always available during mealtimes.
- Children's dietary requirements and allergies are checked before every meal is served.
- Hot drinks are never carried through areas occupied by children.

Food for Play and Sensory Activities

All food used for play or sensory experiences is individually risk assessed according to the children's ages and developmental needs.

Resources may include:

- Dough
- Cornflour
- Pasta
- Rice
- Jelly (not in Cube form Jelly has to be dissolved and allowed to set)
- Food colouring
- Natural flavourings
- Homemade play dough is stored appropriately and discarded if contaminated or after its recommended shelf life.
- Cornflour, cooked pasta, jelly and similar high-risk materials are disposed of immediately after use.
- Equipment used for food play is kept separate from food preparation equipment and cleaned thoroughly after use.

Children's Cooking Activities

Cooking activities provide valuable learning experiences and are carefully planned.

Staff will ensure:

- Children's allergies and dietary requirements are checked before every activity.
- Activities are appropriately risk assessed.
- Children wash their hands before handling food.
- Staff teach good hygiene practices, including handwashing, covering coughs and sneezes and avoiding touching their faces whilst preparing food.
- Cooking surfaces are cleaned and disinfected before use.
- Children wear dedicated cooking aprons.
- Age-appropriate utensils are provided.
- Children are closely supervised throughout cooking activities.
- Food is handled hygienically and prepared safely.
- Prepared food is cooked promptly.
- Cooling food is protected from contamination.
- Food taken home is packaged safely, labelled where appropriate and stored correctly until collection.
- Cooking activities support healthy eating, independence and the learning outcomes within the Early Years Foundation Stage.

Infection Prevention

During outbreaks of infectious illness, cooking and food preparation activities may be adapted or temporarily suspended following advice from the UK Health Security Agency (UKHSA) or other relevant public health professionals



