



Microwave: Reheating food

At Clare House Nursery, the use of a microwave is restricted to the Baby Room and is only used where necessary to warm or reheat babies' meals in line with their individual feeding routines. Wherever possible, freshly prepared meals are provided, and the use of a microwave is kept to a minimum.

When reheating food, practitioners will:

- Follow the manufacturer's instructions and current Food Standards Agency (FSA) food safety guidance.
- Ensure food is reheated thoroughly to a minimum core temperature of 75°C (or 70°C for at least 2 minutes) so that it is steaming hot throughout.
- Where a probe thermometer is used, it will be cleaned and sanitised before and after each use in accordance with the nursery's food safety procedures.
- Stir food thoroughly during and after heating to eliminate hot spots, particularly when using a microwave.
- Allow food to stand for a short period after heating, where appropriate, before stirring again and checking the temperature.
- Carefully test the temperature before serving to ensure it is safe for the child and does not present a risk of burns.
- Never reheat food more than once.
- Discard any uneaten reheated food in accordance with the nursery's food safety procedures.

Practitioners will maintain high standards of hygiene, safe food handling and supervision throughout the reheating process to ensure children's health, safety and wellbeing remain paramount.

Hot Meals

As part of our additional services, Clare House Nursery aims to offer freshly prepared hot meals for children. This service is currently unavailable.

When available, all meals will be planned to provide a balanced, nutritious diet that supports children's growth and development and will comply with current food safety, allergy management and nutritional guidance.

