



## Food Hygiene and Nutrition

All members of the team are required to complete food and safety hygiene as part of their induction. All team members are all required to complete health and nutrition in Early Years along with nutrition for under 5's. All courses are available to all team members via their own Noodle Now account which they receive login details to during their induction.

### **General**

- ☐ Follow basic food hygiene standards through appropriate training- reviewed every 3 years
- ☐ Fridges to be cleaned regularly and cleaned out weekly
- ☐ Microwave to be cleaned after every use
- ☐ Oven to be cleaned weekly
- ☐ Freezer to be cleaned weekly
- ☐ Shelving/cupboards to be cleaned weekly
- ☐ Fridges/freezer temperatures to be taken each morning
- ☐ Food must be covered, labelled with a date- food served and not used immediately to be cooled appropriately and placed in the fridge - if not, food must be discarded immediately
- ☐ Blended food to be kept in an airtight container with a label and date
- ☐ Surfaces to be cleaned with anti-bacterial spray, using a blue cloth
- ☐ Cloths to be washed daily
- ☐ No children permitted in the kitchen unless for supervised cooking activities
- ☐ Balanced, healthy menu provided and rotated regularly
- ☐ Nutritious snacks daily
- ☐ Children are not rushed to eat their food
- ☐ We encourage children's independence during snack and mealtimes and encouraged the make choices
- ☐ Fresh drinking water provided throughout the day
- ☐ Individual dietary needs are catered to and labelled clearly
- ☐ We provide cultural foods celebrating one another's backgrounds
- ☐ Staff must maintain high standards of cleanliness ensuring they are washing their hands before preparing and handling food
- ☐ Children encouraged to maintain hygiene practices such as hand washing
- ☐ Mealtimes should be considered a social opportunity where staff can join them eating a healthy meal alongside the children, setting a good example
- ☐ We set an example of good drinking habits by not drinking sugary/energy drinks in front of the children, any drinks which are not water must be in a bottle which doesn't show its contents and kept out of sight

### Baby Room

- ☐ We assist in the weaning stages alongside parents
- ☐ Formula is made as and when a baby needs, following their home routines- this must be cooled to body temperature and a safe drinking temperature
- ☐ We only use recently boiled water for formula – boiled water must be used for all children under 6 months (left no longer than 30 minutes, we will not use cooled boiled water and reheat it)
- ☐ Bottle contents to be disposed of after 1 hour
- ☐ Bottles and teats to be cleaned with hot soapy water and sterilised (any children with intolerances/allergies to have a separate bottle brush and steriliser)
- ☐ Labelled breast milk to be kept in the fridge
- ☐ Dummies to be cleaned and sterilised and kept in individual containers to avoid any cross contamination
- ☐ Sterilisers washed daily

This policy was adopted on	Signed on behalf of the nursery	Date for review
01/05/2025	Donna Thompson	01/05/2025