



## Food Safety and Nutrition Policy

### Aim

**Our setting is a suitable, clean, and safe place for children to be cared for, where they can grow and learn. We meet all statutory requirements for food safety and fulfil the criteria for meeting the relevant Early Years Foundation Stage Safeguarding and Welfare requirements**

Rolleston Pre-School is inspected by Environmental health to ensure health and hygiene standards are being met. When preparing food, all staff will observe current legislation regarding food hygiene and training.

Rolleston Pre-School is committed to ensuring that safe and healthy practices around the storage, preparation and service of food are maintained throughout the setting. The setting has set high standards of personal hygiene for all members of staff involved in the handling and preparation of food. Any person showing signs of ill health will not be permitted to handle food. We are also

- always washing hands with anti-bacterial soap and hot water before and after handling food, using the toilet, or changing nappies.
- Using clean, disposable cloths
- Not allowing staff to be involved in food preparation if they are unwell
- All staff hold a current Food Hygiene certificate.
- Making sure all fruit and vegetables are washed before being served.
- Avoid wearing jewellery, especially rings, watches and bracelets.
- Any cuts, spots or sores on the hands and arms must be covered completely with a waterproof dressing

### Temperature control

It is the policy of Rolleston Pre-School to ensure that any and all foods are stored according to safe food handling practises and at the correct temperature in order to prevent the growth and multiplication of food poisoning organisms, to reduce the rate of food spoilage and to ensure that food quality is maintained. Fridge temperatures are checked and recorded on a daily basis to ensure the correct temperature is being upheld.

### Cleaning of Food Preparation Areas

Every week the fridge is thoroughly cleaned and all items in the fridge are checked for freshness, and all food past their use by or best before date are correctly disposed of.

All food preparation surfaces are wiped clean after use with anti-bacterial cleaner and disposable cloths. All chopping boards are cleaned after use with warm soapy water, anti-bacterial cleaner and then thoroughly rinsed.

At Rolleston Pre-School, we believe that nutritious food and drink are essential for children's wellbeing. During meal and snack times, we will always encourage children to gain an understanding of how food and water is an essential part of growing big and strong. Our aim is to meet the dietary and cultural requirements to promote children's healthy growth and development.

We will ensure that all snacks are nutritious, healthy and balanced. Children’s medical and personal dietary requirements are always known and respected (Parents/carers are required to provide details when their child is enrolled). Multicultural diet is always offered, to make sure those children from all backgrounds encounter familiar tastes and that all children have the opportunity also to try new food. Dietary rules of religious groups, vegetarians/vegans are known and met in an appropriate way, making sure that they are always respected and valued within the setting.

**Allergies**

Pre-School caters for children’s specific dietary needs that may include allergies or food intolerances, or because of religious, cultural or ethical reasons

Staff are made aware of children’s specialist requirements through individual care plans and other information provided by parents on entering Pre-School. There is a health alert time table stationed in the kitchen.

***Should you have any complaints or grievances concerning this policy please bring the matter to our attention by following the procedures detailed in our Complaints Policy.***

This policy was adopted at a meeting of Rolleston Pre-School

Held on \_\_\_\_\_

Signed on behalf of the Management Committee \_\_\_\_\_

Role of Signatory \_\_\_\_\_