

# Blackhall Nursery

## Food Safety Policy

At Blackhall Nursery we aim to deliver safe care to all Nursery children and staff as is our responsibility, set out in **the Scottish Social Service Council Codes of Practice and the Health and Social Care Standards**. The purpose of this policy is to ensure best practice in the preparation, handling and storage of food. It takes account of the **Cooksafe Food Safety Assurance System (2021), and NHS Infection Prevention and Control in Childcare Settings guidance**, and should be read in conjunction with the Food Safety Manual.

At Blackhall Nursery we work to ensure that food preparation and provision is carried out to the highest of standards by staff members through:

### **Training**

- All staff review the Food Safety policy and Manual at the start of each academic year.
- All staff will hold a current Food Hygiene Certificate and will ensure that safe procedures are undertaken accordingly.
- The Nursery Manager will be responsible for ensuring that certification remains current and appropriate.

### **Staff Personal Hygiene**

- Hands are to be washed thoroughly as required (before: work, handling food, after: toilet, blowing nose, cleaning etc).
- Hair should be tied back.
- Cuts and sores should be covered with waterproof (preferably highly visible) dressing.
- Jewellery should be kept to a minimum when preparing and handling food.
- All staff and children dealing with food must wear protective clothing (apron). Protective clothing will be kept clean and laundered regularly.
- Food handling staff must, by law, report illness immediately to the Manager / person in charge. In particular they must ensure that they report any skin, nose, throat, stomach or bowel trouble or any infected wounds.
- Staff suffering from any of the complaints listed above must be excluded from food handling until they have fully recovered.

### **Cleaning**

- All equipment and areas used for food preparation/ serving must be kept clean.
- Dishes and utensils should be washed in the dishwasher wherever possible.

- Equipment, e.g. chopping boards, and surfaces coming into contact with food also require to be disinfected.
- Food waste containers/ bins should be cleaned as appropriate.
- Cleaning chemicals should be clearly labelled and stored in a way that will prevent contamination of food.
- Only cleaning chemicals on the suitable list should be used and COSHH data sheets for these held. These can be found at <http://www.disinfectant-info.co.uk/>.

### **Hot and Cold Temperature Control**

- Refrigeration must be 5°C or below
- Freezers must be -18°C or below
- Temperatures of fridges and freezers must be monitored and recorded daily at the start of the day (before doors are being opened and closed for use) and again before serving afternoon snack to children staying for extended day.
- Food being delivered hot should be held at above 63°C.
- Prior to each serving, staff will check temperature of lunches before serving to make sure food is above held temperature of 63°C with food thermometer. If the temperature has fallen below 63°C, food will be reheated to at least 82°C, then cooled rapidly before being served.
- Food will only be reheated once.
- A temperature probe will be used to measure temperatures. A high performance probe wipe will be used to clean and disinfect this.
- Each temperature must be recorded on daily record sheet.

### **Prevention of Scalding Incidents**

- Food must be heated as above however **must not** be served to the children at this temperature. It should be left to cool in a safe area, away from children and tested by tasting.
- The practitioner supervising lunch should confirm that the food is a safe temperature before it is served to children.
- Hot liquids should be brought to children rather than self-served

Guidance from Care Inspectorate can be found at [Prevention of scalding incidents in children's settings \(careinspectorate.com\)](http://www.careinspectorate.com/prevention-of-scalding-incidents-in-childrens-settings)

### **Food Storage/ Handling (Stock control/ Cross contamination prevention)**

- Foods will be stored in enclosed boxes.
- Food will be labelled with dates .
- Gluten free or dairy free will be stored and displayed in separate container.
- Staff are not to cross-contaminate dietary foods when preparing or during cooking.
- Food should be washed in a separate area from hand washing.

## Stock Control

- Food dates should be checked and not accepted / used if 'use by' date has expired.
- Food removed from packaging should be re-labelled with a new suitable 'use by' date, based on manufacturer's instructions.
- Dried food should be stored in large waterproof containers and should not be topped up with new stock. Ensure existing food is used first.

## Allergies/ Special Diets – pupil management

- There are 14 recognised allergens (**celery, gluten, crustaceans, eggs, fish, lupin, milk, molluscs, mustard, tree nuts, peanuts, sesame seeds, soybeans, sulphur dioxide and sulphates**). Staff should be aware of any allergies that children are known to have and implement procedures listed in their individual care plan as required.
- List of children with dietary requirements will be displayed in kitchen area and all staff made aware.
- Staff are not to cross-contaminate dietary foods when preparing or during cooking and must use separate chopping boards, knives etc.
- All fruits to be washed before use.
- Children must sit down to eat and / or drink, to help preventing choking.
- Staff will follow guidance included in Good Practice Guidance: prevention and management of choking episodes in babies and children (Dec 2019) and implement this in their day-to-day practice.
- The Nursery does not allow the use of any nuts or any foods containing nuts. However, any foods containing nuts which inadvertently are brought into the Nursery should be stored in a separate container and returned to parents/carers at the earliest opportunity.

## Acrylamide

Acrylamide is a chemical that forms during a reaction between sugars and amino acids in starchy food, particularly when that food is cooked at high temperatures. Based on scientific studies, it is believed to be carcinogenic – that means, cancer forming – and therefore we should all be aware of its presence and understand what we can do to minimise its production when we cook.

The following foods may contain acrylamide

- chips, french fries, other cut, deep fried potato products and sliced potato crisps from fresh potatoes
- potato crisps, snacks, crackers and other potato products from potato dough
- bread, including loaves, rolls and baguettes, toast and toasted sandwiches
- breakfast cereals (excluding porridge)

- baked products including cookies, biscuits, rusks, cereal bars, scones, cornets, wafers, crumpets and gingerbread, as well as crackers, crisp breads and bread substitutes
- coffee: roast coffee, instant (soluble) coffee, coffee substitutes
- baby food and processed cereal-based food intended for infants and young children

To reduce the risk of acrylamide during food production we will note that the most obvious indicator that a food has been cooked at too high a temperature is its colour – make sure fried, toasted or baked products reach a golden yellow, or lighter colour. (See toast colour chart in kitchen)

- Store potatoes in a cool, dark place above a temperature of 6 degrees C, to discourage production of sugars
- Always follow manufacturers' instructions on part and pre cooked products
- Use cooking oils that perform most effectively at lower temperatures

### **Raw flour**

Flour doesn't look like a raw food, but all flour is raw. That means it hasn't been treated to kill germs that cause food poisoning, such as Escherichia coli (E. coli). These bacteria are widespread in the environment and can contaminate grain while it's still in the field or flour while it's being processed. Steps like grinding grain and bleaching flour don't kill harmful bacteria and these germs can end up in flour products or baking mixes you buy in shops.

It is particularly important for vulnerable people, such as children under 5, those with compromised immune systems and older people, to not taste or eat raw dough or batter. This is because their immune system may not be able to fight off infections as easily. Foods to be careful with include dough or batter for foods like cookies, cakes, pie crusts, pizza, biscuits and pancakes. Also, crafts made with raw flour, such as homemade play dough can be risky.

Ensure that children don't play with or eat raw dough, including dough for crafts, unless it has been heat-treated beforehand. See risk assessment

### **Waste control**

- Food waste should be disposed of daily in an outside bin or put in the kitchen compost bin as appropriate. Compost bins are emptied weekly on a Friday, or sooner if full, and washed thoroughly thereafter.

This policy links to:

Curricular Areas:

Quality Indicator(s) (HGIOELC): HWB 2.1, 3.1

Health and Social Care Standard(s): 3.18, 4.11, 4.14, 5.17

UNCRC articles : 24

Adopted on: 17.09.2024

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