

Food Hygiene Policy – Little Holcombe and Tower View Nursery

Purpose of this Policy

At Little Holcombe and Tower View Nursery, we are committed to providing children with healthy, safe, and nutritious food every day. This policy outlines the standards and routines we follow to ensure excellent food hygiene, in line with the EYFS safeguarding and welfare requirements and the Early Years Nutrition Guidance.

1. Our Commitment to Safety and Quality

We ensure that all meals, snacks, and drinks offered to children are:

- Freshly prepared
- Healthy, balanced, and age-appropriate
- Stored, handled, cooked, and served safely
- Inclusive of dietary, cultural, and medical needs

We take great care to create an environment where families feel confident that their children's health and wellbeing come first.

2. Staff Training & Responsibilities

All staff involved in food preparation, serving, or handling:

- Hold a current Food Hygiene Level 2 (or equivalent) qualification
- Follow strict personal hygiene routines
- Complete regular training, refreshers, and competency checks

Our cooks oversee daily practice and monitors compliance.

3. Personal Hygiene & Safe Practice

Staff must:

- Wash hands before preparing food, before serving, and after any break
- Wear clean aprons when handling food
- Keep hair tied back and avoid jewellery
- Avoid food preparation if unwell, especially with symptoms of vomiting or diarrhoea
- Cover any cuts with blue, waterproof dressings

Children are supported to wash hands before eating and after toileting, with supervision to build independence.

4. Food Preparation & Handling

We follow these core principles:

- Raw and cooked foods are kept separate
- Colour-coded chopping boards and utensils are used
- Food is cooked to safe internal temperatures
- Food is cooled rapidly when needed and stored promptly
- Food is served at safe temperatures

We never reheat food more than once.

5. Food Storage & Temperature Control

To maintain high hygiene standards, we:

- Record fridge and freezer temperatures daily
 - Store raw meats at the bottom of the fridge
 - Check use-by and best-before dates daily
 - Label all prepared foods with date and time
 - Follow “first in, first out” stock rotation
-

6. Managing Allergies & Special Diets

Children with allergies, intolerances, or cultural dietary requirements are kept safe through:

- Clear, up-to-date records on their profile and in the kitchen
- A photo/allergy board for staff reference
- Red-plate systems (or similar) for serving allergen-safe meals
- Full avoidance of cross-contamination
- Staff training in allergy management and emergency response

We work closely with parents to ensure accuracy and confidence.

7. Bottle Feeding & Infant Food Safety

For babies, we:

- Follow NHS Start for Life guidance for breastmilk and formula
 - Prepare and store bottles safely
 - Support parents who provide expressed milk
 - Follow responsive feeding cues
 - Introduce solid foods alongside parents, using agreed weaning plans
-

8. Cleaning & Kitchen Hygiene

- Work surfaces and equipment are cleaned and sanitised before and after use
 - Dishwashing follows a strict routine
 - Daily, weekly, and monthly cleaning schedules are completed and recorded
 - Waste is removed regularly and stored safely
 - Pest control measures are in place and regularly reviewed
-

9. Mealtime Routines

We aim to create calm, sociable mealtimes that promote:

- Independence
- Healthy eating habits
- Safety and positive relationships with food

Tables are cleaned and sanitised before and after eating, and children are always supervised.

10. Review

We:

- Review menus with nutrition guidance in mind
- Update this policy at least annually or sooner if regulations change

Implemented September 2025

Reviewed annually.