

Food hygiene policy

The nursery premises is registered for food preparation with the appropriate Local Authority (Newham). The Foods Standard agency have rated Twinkle Toes 5/5 for food hygiene (2023).

Food Safety

We maintain the highest possible food hygiene standards about the purchase, storage, preparation and serving of food. Twinkle Toes is registered as a food provider with the local authority Environmental Health Department. It is the responsibility of the manager to ensure that all food brought on to the nursery premises, complies with the Food Safety (1990) Act and that only reputable suppliers are used. A risk assessment will be completed to minimise any possible risk of food contamination. In accordance with the Food Safety (Temperature Control) Regulations (1995) the Nursery Manager will be responsible for ensuring that adequate provision is always made for storage of all food.

At Twinkle Toes we will ensure:

- All our kitchen staff follows the guidelines of Safer Food, Better Business.
- All our staff that are involved in the preparation and handling of food have received training in food hygiene.
- The cooks responsible for food preparation and serving carries out daily opening and closing checks on the kitchen to ensure standards are met consistently.
- We use reliable suppliers for the food we purchase.
- Packed lunches are stored in a cool place; un-refrigerated food is served to children within 4 hours of preparation at home.
- Food preparation areas are cleaned before and after use.
- There are separate facilities for hand washing and for washing-up.
- All surfaces are clean.
- All utensils, crockery etc. are clean and stored appropriately.
- Waste food is disposed of daily.
- Cleaning materials and other dangerous materials are stored out of children's reach.
- Children do not have unsupervised access to the kitchen.

When children take part in cooking activities, they:

- Are always supervised.
- Understand the importance of hand-washing and simple hygiene rules.
- Are kept away from hot surfaces and hot water; and do not have unsupervised access to electrical equipment, such as blenders etc.

How food is stored and served safely

Snacks are bought on a weekly basis and are stored in lines with the storage labels on the food. Refrigerated food is stored at 8 c or below and hot food is kept at 63 c and is allowed time to cool down before being served to the children. The temperature is taken and recorded for hot food to ensure that it is cooked properly.

Reporting Food Poisoning

Food poisoning can occur for several reasons; not all cases of sickness or diarrhoea are because of food poisoning and not all cases of sickness or diarrhoea are reportable. Where children and/or adults have been diagnosed by a GP or hospital doctor to be suffering from food poisoning and where it seems possible that the source of the outbreak is within our nursery, the manager will contact the Environmental Health Department to report the outbreak and will comply with any investigation.

The nursery manager will notify Ofsted as soon as reasonably practicable of any confirmed cases of food poisoning affecting two or more children looked after on the premises, and always within 14 days of the incident.

Good Food Practices

- Food handlers must ensure that they follow the code of personal hygiene required, e.g. wash hands, aprons worn and hair to be tied back.
- Spills to be wiped up immediately and food picked up off the floor to avoid any hazards.
- Food preparation to be carried out in one area and making up of baby's food in another.

- Temperatures of fridge / freezer to be checked every day and recorded.
- Temperature of food to be checked. All food to be kept in a cupboard and older food to be used up first.
- All food must be kept covered until it is served.
- A trolley (or similar) should be used for transporting food down the corridor.
- Washing up must be carried out immediately after meals.
- Tables and chairs must be wiped with an anti-bacterial spray.
- Floors must be brushed and mopped as soon as possible after meals.
- Sink and draining board and surfaces must be wiped.
- A bin bag must be used in the bin.
- The bin must be emptied at the end of each day.
- All dietary requirements of the children will be catered for, i.e. vegetarians, non-dairy etc.
- Kitchen must meet environmental health office requirements.
- Cleaning work surfaces with an anti-bacterial spray after each use instead of soapy water.
- Aprons to be worn whilst preparing food.
- Towels to be washed after use.
- The kitchen door should always be closed.
- Hazard analysis carried out and displayed in kitchen, for all control points to be followed by all staff.
- The kitchen should be maintained by the cook and all other staff (who hold the Food handlers' certificate) using the kitchen.

Nutrition and food policy

The nursery aims to implement the whole setting approach to healthy eating to improve the health of children, their families, and staff. We will equip our children with the knowledge, understanding and skills that enable them to make the sort of choices that lead to a healthy lifestyle and develop to their full potential.

In our setting children will be provided with a range of opportunities to learn about food and make healthier food and drink choices.

The nursery does not have set times for snacks and fresh drinking water is available throughout the day for the children to help themselves. Children learn about the importance of eating five pieces of fruit and/or vegetables a day. They take part in cooking activities that are linked to the learning experiences given within the setting. Meals and snacks are seen as a fun opportunity to extend children's learning in a social situation. When planning for children's learning, meal and snack times are noted as an area to develop.

Learning through Food

Within the daily routine of the nursery, we offer: Breakfast, Snack, Lunch, Snack and Tea. These mealtimes are interactive with children having a self-help breakfast bar, to prepare breakfast and seeing the food in its original form or shopping for food for snack times.

Activities are offered regularly with the children such as taste ed sessions, food tasting, cooking, fruit kebab making and exploring textures of food through play. Encouragement to learn about growth and change of food through planting is explored with the children both indoors and out with planting and growing activities. As a nursery we value children's learning and development across all aspects of the curriculum and learning about food ignites interests and development within many areas such as Health and Self-care and physical development.

Food and Drink throughout the nursery

Food provided at Twinkle Toes will be age appropriate and parent/carers will be informed about the food/drink their child has consumed through the completion of their daily diary. Nursery manager will ensure food delivered is stored as told by the agency until time to serve.

Breakfast is an important meal that should provide 25% of a child's energy requirement and contributes significantly to their vitamin and mineral requirements.

(Please see weekly menus)

Morning and/or Afternoon Snacks

We understand that snacks can be an important part of the diet of young children and can contribute positively towards a balanced diet and the daily energy and nutrient needs. Twinkle Toes discourages parents from providing sugary snacks; instead, we provide a range of fruit, a starchy snack such as crackers and a protein rich food such as cheese spread. We ensure the snacks we provide are healthy and nutritious by offering a wide range of fruits and vegetables including familiar fruits and vegetables such as: Apples, bananas, pears, oranges, cucumber, grapes, carrots, peppers, tomatoes, and melon. As well as introducing unfamiliar fruits such as: Papaya, kiwi, mango, apricot, cherries, pineapple, and Guava.

Nursery Menus/Meals

We have a in house cook who prepares fresh meals on the premises daily. Menus are designed to be low in fat, salt and sugar and offer a variety of healthy meals and are reviewed on a regular basis. All children will have food/drink provided suitable for their age/stage of eating. If babies are weaning, we advise parents to provide us with daily meals, until babies are eating solids. Healthy options will be available and promoted at mealtimes.

Packed Lunches

On enrolment, parents are given the opportunity to choose whether they would like their child to have a nursery dinner or a packed lunch. If parents choose for their child to have a packed lunch, they are provided with information about what types of foods are allowed/appropriate to bring on the premises. We encourage parents and carers to provide children with packed lunches that complement our healthy food ethos. We ask that, to achieve this, parents use the principles of the 'eat well plate'. This will ensure children having packed meals have a healthy balanced meal. We also direct parents to the "Change 4 Life" website that includes ideas for healthy packed lunches.

Where parents have chosen to provide a packed lunch instead of a cooked lunch, the nursery will:

- Ensure fresh contents of packed lunches are refrigerated to keep food cool.
- Inform parents of our policy on healthy eating.
- Encourage parents to provide sandwiches with a healthy filling, fruit, and desserts, such as yogurts.
- Discourage sweet drinks, we will provide children with water.
- Discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks, and sweet products such as cakes or biscuits. We reserve the right to return this food to the parent as a last resort.

Birthdays and Celebrations

We are happy to celebrate birthdays and special occasions with a small cake as treat for our children in staff, however, take account of ethical, religious, and medical dietary requirements of children and staff. Ideas for culturally appropriate ways to celebrate cultural and religious occasions will be discussed with parents/carers.

Allergies / Preferences

We are a nut free setting. We display notices to this affect and clearly state this in our packed lunch guidelines. This is to protect any child or adult who attends who may have a severe allergy to nuts.

In addition to this, we obtain necessary information from parents in advance of a child being admitted to the provision, including: the child's special dietary requirements, preferences, or food allergies. Written parental permission will be requested at the time of the child's admission to the provision, regarding the seeking of any necessary emergency medical advice or treatment in the future. All practitioners are fully aware of children who may have allergies, as every room has a copy of all the children with special dietary requirements in their room. Any special requirements are stated on the child's enrolment form that is filled in by the parents and we will work with the family to help provide the child with a healthy, balanced diet.

Training

We will regularly organise opportunities for staff to receive information on healthy eating, oral health, food safety and hygiene, Paediatric first aid training and health and safety.