



Food and Food Hygiene Policy

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1. Introduction

The Wonder Years is inspected by Environmental Health to ensure health and hygiene standards are met. Staff are committed to maintaining safe and healthy practices around the storage, preparation and service of food throughout the setting.

All staff handling food receive appropriate training and follow guidance published by the **Food Standards Agency**.

Our aim is to meet dietary and cultural requirements while providing children with a range of nutritious, healthy and balanced snacks and meals that support children's growth and development.

2. Food Safety Hazards

Staff at The Wonder Years are aware of potential food safety hazards and procedures are in place to ensure risks are effectively managed.

Food safety hazards may include:

Physical hazards

- Glass fragments
- Dust
- Pests

Chemical hazards

- Cleaning products
- Insecticides

Biological hazards

- Poor personal hygiene
- Incorrect food storage

Allergenic risks

- Cross-contamination between allergen and non-allergen foods
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3. Good Food Hygiene

At The Wonder Years we follow the food hygiene principles known as the “**Four C’s**”: cross-contamination, cleaning, chilling and cooking.

Cross-contamination

To prevent cross-contamination we:

- Ensure food is delivered safely and packaging is sealed
- Wash hands with antibacterial soap and warm water before and after handling food, after using the toilet, and after changing nappies
- Wash and disinfect surfaces and chopping boards before and after use
- Use clean disposable cloths
- Store food correctly and separately where required
- Avoid preparing food if feeling unwell
- Wear appropriate protective clothing such as aprons and gloves
- Wash all fruit and vegetables before serving
- Avoid wearing jewellery such as rings, watches or bracelets

- Cover cuts or sores with waterproof dressings
 - Carry out regular checks for pests or infestations
 - Ensure designated handwashing sinks are used only for handwashing
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Cleaning

Maintaining a clean environment is essential to protect the health and safety of children and staff.

At The Wonder Years we ensure that:

- Hands are washed before and after handling food
 - Children wash their hands before and after eating
 - Surfaces, utensils and equipment are cleaned before and after use
 - Storage units, kitchen cupboards, fridge and freezer are cleaned regularly
 - Cleaning products are stored safely away from food preparation areas
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Chilling

Proper storage helps prevent bacteria from multiplying.

To ensure food safety we:

- Use a reputable food provider (Zebedee's)
- Check food temperatures when food is delivered or served
- Store chilled food immediately in the fridge
- Store food in appropriate cupboards or refrigeration
- Check and record fridge temperatures daily

Fridge temperatures are maintained at **below 5°C**.

4. Food Storage

Improper food storage can lead to contamination, spoilage and bacterial growth.

To ensure food is stored safely we:

- Keep storage areas clean, well ventilated and well lit

- Rotate food items so older items are used first
- Store non-perishable foods together (e.g., cereals, pasta, bread, biscuits)
- Clearly label food where required
- Ensure fridge temperatures remain below 5°C

Fridge temperatures are checked and recorded daily.

5. Fridge Organisation

To reduce cross-contamination risks, food should be organised in the fridge as follows where possible:

- **Top shelf:** Ready-to-eat foods such as dairy products
 - **Middle shelf:** Cooked foods and cooked meats
 - **Bottom shelf:** Raw meat or raw ingredients (if present)
 - **Drawers:** Fruit and salad items
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6. Dietary Requirements

The Wonder Years works closely with parents and carers to ensure that children's dietary requirements are respected and supported.

Dietary requirements may relate to:

- food preferences
- age or stage of development
- cultural or religious practices
- medical conditions
- allergies or intolerances

Parents are asked to provide full information about their child's dietary needs when they join the setting.

7. Allergies and Intolerances

The nursery supports children with allergies or food intolerances and takes appropriate steps to reduce risks.

To manage allergies safely we:

- gather allergy information during registration
 - assess the level of risk associated with each allergy
 - ensure all staff are aware of allergies and dietary needs
 - display allergy information in the kitchen area
 - maintain high standards of food hygiene
 - provide individual care plans where necessary
 - use individual placemats where appropriate to highlight dietary requirements
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8. Safe Food Preparation

Food will always be prepared safely by:

- washing hands before handling food
- using clean utensils and equipment
- separating raw and cooked foods
- ensuring food is served at safe temperatures
- following appropriate hygiene procedures at all times

Staff preparing food must be in good health and follow all hygiene practices.

9. Managing Mealtimes

Mealtimes are an important part of the daily routine and provide opportunities for children to develop independence and social skills.

During mealtimes staff will:

- supervise children at all times
- ensure children sit safely while eating
- encourage good hygiene such as handwashing
- promote healthy eating habits
- respect children's individual dietary needs

Food will always be prepared and served safely in line with hygiene procedures.

