



Food Contamination Policy

At Creative Stars, we take food hygiene and safety very seriously. The following policy has been created to ensure the nursery takes measures to safeguard the food on offer to children within the setting.

Personal Hygiene

Why Personal Hygiene Is Important?

At Creative Stars we ensure that we follow the law requirements which state that, every person working in a food handling area maintains a high degree of personal cleanliness and wears suitable clean and, where necessary, protective clothing.

All staff members must follow good personal hygiene practices to help prevent bacteria from spreading to food, in order to achieve that, the following procedures are followed accurately:

- Staff must always wash their hands before preparing food, as it is one of the best ways to prevent food poisoning bacteria from spreading.
- All staff members must wear clean work clothes when working with food.
- Kitchen staff must wear clean or disposable aprons over their work clothes, especially when working with raw meat/poultry/fish, eggs or unprepared vegetables.
- Any contaminated protective clothing worn while preparing raw food (e.g. aprons and overalls) should be changed before handling ready-to-eat food or entering a clean area.
- Kitchen staff must keep hair tied back and wear a hat or head wrap when preparing food. If hair is not tied back or covered, it is more likely to fall into food and staff members are more likely to touch their hair. Food poisoning bacteria can be spread from someone's face or mouth to their hands and then onto food.
- Kitchen Staff should not smoke, drink, eat or chew gum while handling food. They should also avoid touching their face or nose or coughing and sneezing while preparing food.
- Watches and jewellery can collect and spread dirt and food poisoning bacteria, or fall in the food, therefore, kitchen Staff are not allowed to wear watches or jewellery when preparing food (except of a plain wedding band).
- Kitchen staff must change and store their outdoor clothes, in a separate area away from the food preparation area. Because clothes could be a source of bacteria if they are left lying around.

Fitness for Work

It is the Nursery Manager's responsibility to ensure that kitchen staff and the setting practitioners are fit to work at all times. Staff members who are not 'fit for work' could spread food poisoning bacteria to food. Any member of staff member who has diarrhoea and/or vomiting must by Law report it to their manager immediately. They may be asked to stay at home or go home straight away and consult their doctor.

If a member of staff is not 'fit for work', we send them home. We throw away any unwrapped foods they have handled. A staff member who has had diarrhoea and/or vomiting should not return to work until they have had no symptoms for 48 hours. Even if the diarrhoea and vomiting has stopped, as they may still carry food poisoning bacteria for 48 hours afterwards.

Cuts and sores should be completely covered with a brightly coloured waterproof dressing. This is to prevent bacteria from the cut or sore spreading to food.

Hand Washing

Food poisoning bacteria can spread very easily from people's hands to food, work surfaces, equipment etc. Effective hand washing helps to prevent this. All staff members who work with food are trained in effective hand washing technique, to ensure they know how to wash their hands properly.

When Should You Wash Your Hands?

- When entering the kitchen, e.g. after a break or going to the toilet.
- Before handling ready-to-eat foods.
- After handling waste.
- After touching raw meat/poultry/fish, eggs and unprepared fruit/vegetables.
- After emptying bins.
- After cleaning duties.
- After eating, drinking, smoking or using a phone.
- After touching a cut or changing a dressing.
- After using the toilet.
- After blowing nose, sneezing or coughing.

Step One	Step Two	Step Three	Step Four	Step Five	Step Six
Wet your hands Thoroughly under warm running water and squirt liquid soap onto the palm of one hand	Rub your hands together to make a lather	Rub the palm of one hand along the back of the other and along the fingers. Then repeat with the other hand	Run in between each of your fingers on both hands and around your thumbs	Rinse off the soap with clean water	Dry hands thoroughly on a disposable towel. Turn off the tap with the towel and then throw the towel away

Washing Hands Effectively

Disposable Gloves

Disposable gloves can be effective in helping to prevent the transfer of food poisoning bacteria onto food. We train the kitchen staff and the Setting practitioners on the best practice when using disposable gloves.

The following steps must be taken when wearing gloves to prevent cross-contamination:

- Hands must be washed thoroughly before and after use.
- Gloves must be used only once. Change gloves between tasks e.g. after touching raw meat, poultry, Fish, eggs, before touching ready-to-eat foods, after handling money, after emptying bins, after cleaning etc.
- Discard used gloves after each task.

Cleaning Cloths

Cleaning cloths can be one of the top causes of cross-contamination in the kitchen. Therefore, It is essential to use them safely to prevent bacteria from spreading. In order to achieve that the following procedures have to be followed:

- Using single – use cloths wherever possible and throw them away after each task.
- Using new or freshly cleaned cloths to wipe work surfaces, equipment or utensils that will be used with ready to-eat-food.
- Taking away re-usable clothes for thorough washing after using them with raw meat/poultry, eggs or raw vegetables-and surface that have touched the food.
- If using reusable cloths, make sure they are thoroughly washed, disinfected and dried between tasks (not just when they look dirty).

- If you wash and disinfect cloths by hand make sure all the food and the dirt have been removed before you disinfect them. Use hot water to disinfect the cloths.

Different Cloths For Different Jobs

We use different types of kitchen cloths, with different colours. We also display colour coded guidance for food handlers to ensure that, and they are using the right kitchen cloths for the precise purpose.

JOB	THE BEST CLOTHS FOR THE JOB
Holding Hot Items	Tea towels or chef's cloth
Washing up Dishes	Dish Cloth
Use single use cloths or paper towels for the following jobs	Wiping Surfaces, Wiping sides dishes before serving Drying ingredients, Wiping hands Mopping up spills

Separating Foods

We understand that separating raw and ready to-eat foods is essential to prevent harmful bacteria from spreading. Kitchen staff and other food handlers who handle food on a regular basis are made aware of the importance of separating foods and handling it with extra care. Due to the fact that keeping raw and cooked foods separate reduces the risk of cross contamination.

Cross contamination is used to describe the transfer of bacteria from sources such as raw meat or poultry and refuse to a high risk food, e.g. cooked meat products, dairy products, egg dishes (high protein foods). The bacteria on these sources can pass onto high risk cooked food directly or indirectly.

Direct contamination occurs by the source of bacteria touching the high-risk food, Indirect contamination occurs, where the bacteria are passed from the source to the high-risk food via something else such as a work top, hands, equipment and cloths. Indirect contamination is the most common type of cross contamination and it occurs in food premises because of lack of training and awareness of necessary controls, inadequate space, poor design and bad food handling practices by staff.

Examples of Cross Contamination:

Handling raw food, which carries bacteria then handling cooked food. The bacteria pass from raw food onto the hands and then the hands transfer bacteria directly to food or onto work surfaces, cloths and equipment and onto the cooked food.

Failure to wash hands after visiting the toilet, allows bacteria from the bowel to be transferred from soiled fingers to foods and equipment resulting in high-risk food becoming contaminated. Equipment covered with dirt and-food debris harbours bacteria and contaminates food. Storage of raw food above or next to high risk food; for example, if raw meat is stored above cooked food, blood and fluids may drip onto the cooked food and contaminate it.

How to Prevent Cross Contamination

Kitchen staff and food handlers must follow the following procedures when handling raw and cooked food In order to prevent cross-contamination and to ensure that the food preparation area is clean and safe at all times:

- Keep raw and cooked foods separate; make sure the cooked food is stored above raw food.
- Keep food covered.
- Do not use the same work surfaces or chopping boards for cutting or preparing raw food then cooked food.
- Make sure insects, rodents; pets and birds are kept out of the food room. These have unhygienic habits and can spread bacteria directly onto food or to equipment.
- Always wash hands after any action that could contaminate hands, such as visiting the toilet, after handling waste food and after handling raw food as they are all sources of bacteria which can be transferred to food.
- Keep the food premises clean, disinfected and maintained to a high standard.
- Use a colour coding system for equipment such as chopping boards and cloths.

Delivery and receipt

We place our food orders in a reputable store, where they deliver it to the setting on a weekly basis. We also source fruit and vegetables from a local green grocer. We also carry out temperature and quality spot checks to make certain that food is being supplied to the setting at the correct temperature and in good condition.

If the delivery is large, then we carry out random check on a few items to make sure that food:

- Is adequately separated into raw and ready-to-eat to avoid cross- contamination
- Is within its 'use by' or 'best before' date.
- Has been kept cold/hot enough as appropriate.
- Has not gone off.
- Is clean and not damaged, if so we ensure that we throw away any punctured vacuum packs, swollen packs or badly dented Cans, we also ensure that tops are secure on bottles and jars and seals are unbroken.

We reject the delivery if we believe that the food has not been handled safely (for example, if it has not been kept cold enough or if the ready-to-eat food may have been contaminated by bacteria present on raw food due to inadequate separation during transport).

Deliveries should be unloaded in a clean, separate area. We do the following to safeguard the food:

- When we remove food from its original packaging to another container, we make sure we make a note of the name of the food, the ingredients and the 'use by' or 'best before' date.
- Put chilled food in the fridge and frozen food in the freezer as soon as it is delivered. If the temperature of chilled food is allowed to rise above 8°C or frozen food allowed to thaw, food poisoning bacteria could grow.

Defrosting

We understand the importance of defrosting food process, as it can keep the food safe and on the other hand can cause contamination if it is not completed correctly. As food poisoning bacteria can grow in food that it is not defrosted properly. It must be thoroughly defrosted before cooking (unless the manufacturer's instructions are to cook from frozen). If food is still frozen or partially frozen, it takes longer to cook. The outside of the food could be cooked, but the centre might not be, which means it could contain food poisoning bacteria.

We keep meat/poultry/fish separate from other food and suitably contained when it is defrosting.. Once food has been defrosted, we use it within one day.

Options for Defrosting Food

Below is guidance for the kitchen staff to provide options for defrosting food correctly:

Putting food in the fridge will keep it at a safe temperature while it is defrosting. Ideally, we plan ahead to leave enough time and space to defrost small amounts of food in the fridge. We keep the defrosting food in a closed safely container.

The kitchen staff must put the food in a container with a lid and then place it under cold running water. Cold water helps to speed up defrosting without allowing the outside of the food to get too warm. When defrosting poultry under cold running water, we ensure that splashing does not contaminate other foods or surfaces, and we clean and disinfect the sink and surrounding area afterwards.

Storage

The fridge temperature should be at 5°C or below. The freezer temperature should be below -15°C. The fridge and freezer temperatures are checked daily and recorded in order to ensure that the food is stored under the right temperature and the fridge and freezer are working properly

We ensure that we take the following into consideration to ensure food is stored correctly:

- Food with a 'use by' date must be noted and thrown away if it exceeds the use by date

- Food that says 'keep refrigerated' on the label must go in the fridge
- Food where the manufacturer's instructions say 'once opened keep refrigerated' again must be refrigerated.
- Raw foods must go on the lowest shelf in the fridge
- All fruit and vegetables must be washed before entering the fridge
- Ready-to-eat food such as cooked meats, yoghurts and milk must be kept highest in the fridge.

We ensure that we do not use food after its 'use by' date, we must follow the food manufacturer's instructions on how to store the food, including how long it is safe to store food once opened, and any specific temperature requirements, as these are designed to keep it safe. We understand that It is important to use equipment properly to make sure food is kept cold enough. We do not store food in opened tins. All canned food contents are transferred to clean covered containers.

Frozen food will keep the food for longer periods as bacteria and/or yeasts will not grow at very cold temperatures, however freezing does not kill bacteria. Frozen foods are placed in the freezer, as soon as they are delivered. Raw and ready-to-eat food is well wrapped and separated within the freezer to avoid cross-contamination. Date codes are checked regularly and stock rotated. Freezers are defrosted and cleaned on a regular basis and as recommended by the manufacturer.

If we find that the freezer is not working properly, and the frozen food starts to defrost, the following steps must be followed as appropriate:

- Food that has begun to defrost (i.e. starting to get soft and/or with liquid coming out of it) should be moved to a suitable place to continue defrosting for immediate use.
- Food that has to be kept frozen cannot be re-frozen once it has started to defrost. This will have to be used immediately or throw it away.

We ensure that dry foods such as flour and rice are stored in cabinets which are clean, dry and well ventilated. Food is kept off the floor and placed in covered food grade containers. When transferring food from its original packaging into containers, we retain the ingredients list to ensure awareness of ingredients which may cause an allergy.

Stock Control

Effective stock control is an important part of managing food safety. Therefore we ensure that kitchen staff always plan ahead. In order to have the right amount of stock and will help them to place food orders carefully, and to avoid having too much stock which we believe is best for food safety.

In order to control our stock, kitchen staff must consider the following:

- Plan the stock we need for each week.
- Do a stock check before placing an order.
- Review your menu regularly and how it affects your need for stock.
- Carry out regular stock checks and throw away any food that has passed its 'use by' date.

Preparation and Handling

Prepare raw meat / poultry and other foods in different areas. If this is not possible, we separate by preparing them at different times and clean thoroughly between tasks. We never use the same chopping board or knives for preparing raw meat/poultry and for ready to eat food, unless they have been cleaned thoroughly and disinfected in between.

Preparing Fruit, Vegetables and Salad Ingredients

We understand that dirt and soil on fruit, vegetables and salad ingredients can contain food poisoning bacteria such as E.coli O157. When preparing fruit, vegetables and salad ingredients, kitchen staff must follow the following:

- Wash them thoroughly by rubbing vigorously in clean water and then rinsing.

- If you have washed vegetables that had dirt or soil on the outside, remember to clean and disinfect sinks afterwards particularly before using the same sink for rinsing ready-to-eat foods such as rice and pasta.
- Foods being washed or rinsed should be done in such a way to avoid contact with the sink both during and after washing/rinsing e.g. in a bowl, container or colander.
- Separate chopping boards are required for unwashed fruit and vegetables and those that are ready-to-eat (unless heat disinfected in a dishwasher between uses).

Pest Control

Why Is Pest Control Important?

Pest control is important because pests can carry food poisoning bacteria that can contaminate foods and cause illness or food spoilage. These food poisoning bacteria can be passed to the food by contact with their hair, faeces and urine. Pests can also cost thousands of pounds worth of damage to food businesses and their reputations.

Common Pests

pests are animals, birds or insects that contaminate food either directly or indirectly, they include:

PESTS	SIGNS
Rodents, E.G. Rats and Mice	Small footprints in dust, droppings, holes in walls and doors, nests, gnawed goods or packaging, grease or smear marks, urine stains on food packaging.
Flies and Flying Insects	Bodies of insects, live insects, webbing, nests, droning or buzzing, maggots.
Cockroaches	Eggs and egg cases, moulted 'skins', the insects themselves, droppings
Ants	Small piles of sand or soil, the insects themselves, flying ants on hot days
Birds	Feathers, droppings, nests, noise, the birds themselves
Beetles and weevils	Moving insects, particularly in dry food, small maggots

Hazards Associated with Pests

Contamination of food by:

- Bacteria from pests and their droppings.
- Pests' bodies, eggs, hairs, droppings, etc.
- Chemicals e.g. careless use of pest control bait

Control Measures

Pest Proofing Of the Premises

We always ensure that the building is in a good condition and all repairs are in order to help us to restrict pest access and prevent potential breeding sites. This can be done by:

- Sealing holes and other places where pests can gain access.
- Keeping the floors, walls, roof, doors and window openings in a good state of repair with no gaps or spaces to prevent the entry of pests.
- drain covers are fitted to prevent pests gaining access.

Insects' Screens

Windows opening directly into food preparation areas are fitted with removable screens capable of resisting common flying insects. Kitchen doors which open to the outside air are screened using a close-fitting insect-proof screen door. Kitchen bulbs are changed annually.

Good Housekeeping

- We ensure that deliveries get checked thoroughly, in order to inspect stock on delivery to make sure that there are no visible signs of damage by pests., we do not accept a delivery if it shows signs of pests such as gnawed packaging or insects, e.g. beetles.
- The setting premises and refuse stores are regularly managed to enable them to be kept clean, and protected against access by pests.
- Foods which are awaiting preparation or are being defrosted or are cooling is kept suitably covered.
- Food waste is removed regularly from areas where it is produced or placed in containers with lids.
- Food is stored off the floor and away from walls.
- Food where possible, is stored in rodent-proof containers.
- External areas are kept tidy and free from weeds. We make sure bins have close fitting lids and are easy to clean.

Maintenance

Effective maintenance is essential to allow the kitchen staff to clean properly and keep pests out. We also understand that most accidents resulting from poor maintenance involve equipment, but maintenance of the fabric of the building is also involved. Therefore our maintenance work is carried out by competent staff, to ensure that equipment performs well and reliably, and helps prevent accidents. We also insure that the maintenance work itself is completed safely. Therefore we ensure the following steps are in place:

Equipment

The kitchen staff and other food handlers within the setting have responsibility to report any faults or damage occur to the kitchen equipment or kitchen structure, to the setting manager, who will ensure the following actions are in place:

- All food contact surfaces and equipment must be maintained in good condition to enable effective cleaning and disinfection, and to prevent the build up of debris.
- We Repair or replace any equipment or utensils that are damaged or have loose parts.
- Dirt and food poisoning bacteria can collect in damaged equipment/utensils. As loose parts may fall into food.
- Any cracked or chipped dishes and other tableware must be thrown away. Dirt and food poisoning bacteria can collect in cracks or chips.
- We replace chopping boards that are scratched, pitted or score. Dirt and food poisoning bacteria can collect in any areas where the board is not smooth.
- Broken or defective light bulbs, tubes and fittings are replaced promptly.
- Certain equipment are serviced at regular intervals, such as cooking equipment, hot holding equipment, refrigerators and freezers, dishwashers and ventilation systems/ducting.
- We check extractor fans and filters regularly to make sure they are working properly and are free from grease and dirt. This is to make sure the fans and filters can do their job properly.
- We regularly check door seals on refrigeration and cooking equipment.
- Temperature probes are getting checked regularly to ensure that, their readings are accurate.

Cleaning

Why Is Cleaning and Disinfection So Important?

Cleaning and disinfection of food premises is important to prevent food poisoning as proper cleaning and disinfection will reduce food poisoning bacteria to a safe level and will help to reduce the risk of cross-contamination. We will also remove undesirable physical materials which may contaminate food.

What Needs to be Cleaned and Disinfected?

All equipment and areas within food premises are kept clean. Equipment and surfaces which likely come into contact with food either directly or indirectly also require to be thoroughly disinfected.

These include:

- Equipment and surfaces which come into contact with food, for example, work surfaces, chopping boards, shelving, crockery, utensils, food storage containers, pots and cutlery.
- Surfaces which may not come into contact with food directly, for example, worktops and walls, which may be subject to splashes.
- Equipment which may not come into contact with food directly, for example, sinks, wash hand basins, taps and items that people touch frequently such as fridge/freezer door handles, switches, phones, cash registers, etc, which may present a cross-contamination risk if shared by staff handling raw and ready-to-eat foods. Regularly wash/wipe and disinfect items that people touch frequently such as door handles, switches and can openers.

We train our kitchen staff are aware of the importance of cleaning the fridges regularly and before receiving delivery especially when they do not contain much food, as it is very important to clean equipment properly to stop bacteria and dirt building up.

We ensure that food waste containers refuse waste bins and all waste storage areas are cleaned regularly.

When we are cleaning, we move food out of the way, or cover it. This is to prevent dirt, bacteria or cleaning chemicals from getting into food. Floors, walls, ceilings and extractor fans and ovens get cleaned and degreased regularly.

How to Clean And Disinfect

Before we start to clean we move food out of the way or cover it to prevent dirt, bacteria or cleaning chemicals from getting on to the food. Then we proper for cleaning following two stages;

Stage 1: GENERAL CLEANING USING A DETERGENT

The first stage is a general cleaning of the surface or equipment using a suitable detergent to remove visible dirt, food particles, grease and debris. This stage is always completed by rinsing to ensure thorough removal of all residues from the surface prior to stage two.

Stage 2: Disinfection

The second stage is the disinfection stage to ensure that any bacteria present are reduced to an acceptable level. We understand that, disinfection is only effective when carried out on clean surfaces; therefore disinfection is followed with a final rinse with clean water unless we are using a non rinse formula disinfectant

Important Things to Consider When Using Cleaning Chemicals

Dilution Rate

Most cleaning chemicals are concentrated, so you need to add water to dilute them before they can be used. It is important to follow the manufacturer's instructions on how much water to use with the chemical. This is the 'dilution rate'. If you add too much water then the cleaning chemical might not work effectively. Too little water may result in chemical contamination.

Contact Time

This is how long a cleaning chemical needs to be left on the item you are cleaning. It is important to follow the manufacturer's instructions on contact time for the chemical to work effectively.

Final Rinse

Disinfection should be followed by a final rinse of the surface or equipment with clean water to remove any remaining chemical, unless it is formulated for use without a final rinse. When disinfection has taken place, extra care must be taken to make sure that the equipment/ surfaces etc are not re-contaminated by raw foods.

Standards for Disinfectants And Sanitisers

There are two recognised standards which indicate that a disinfectant or sanitizer is effective at killing food Poisoning bacteria such as E.coli O157, these are:

- BS EN 1276:1997 (now replaced by BS EN 1276:2009)

We check that our disinfectant/sanitising products meet these standards by checking the label of the product.

Keeping the Kitchen Clear and Clean

Training and Instruction

It is essential that staff carrying out cleaning and disinfection activities follow effective cleaning and disinfection procedures. Staff should be trained in effective methods of cleaning, storage and proper use of cleaning chemicals, what action to take if a lapse in cleaning has taken place. Where necessary ensure that correct measuring containers are provided for making up dilutions of chemicals in accordance with manufacturer's instructions for proper use. Chemicals should always be obtained from reputable suppliers and used in accordance with the manufacturer's instructions. If you have manufacturer's cleaning instructions for a piece of equipment, follow these. The instructions will tell you how to clean this particular piece of equipment thoroughly.

Cleaning Schedules

We have an array of cleaning schedules in place, including daily health and safety checks, kitchen checks, end of day checks and weekly checks.

Cooling/Chilling Hot Foods

Food poisoning bacteria can grow in food that is left to cool slowly. When we cook food that will not get served immediately, we cool it down as quickly as possible and then put it in the fridge/freezer within two hours.

We do not put foods that are not sufficiently cooled into the fridge as this may raise the temperature of the fridge and cause condensation. We understand that it is important to protect food from dirt and bacteria at all times while cooling and chilling whatever method you use. If food has not been cooled down safely throw it away.

Options for Cooling/Chilling Down Food

- Food can be divided into smaller portions. Smaller amounts of food cool down more quickly.
- Pans of hot food can be placed in cold water. The cold water makes the contents of the pans cool more quickly.
- While food is cooling down, we stir it regularly with a clean utensil. Stirring helps food cool more evenly.
- Hot food can get moved to a colder area where food will cool more quickly in a colder place.

Cooling Rice

It is essential to handle rice safely to make sure it is safe to eat. Uncooked rice can contain spores of *Bacillus cereus*, bacteria that can cause food poisoning. When the rice is cooked, make sure you keep it hot until serving or chill it down as quickly as possible, ideally within one hour, and then keep it in the fridge.

When the rice is cooked the spores can survive, and if the rice is left standing at room temperature, the bacteria could start growing again from the spores. These bacteria will multiply and may produce toxins (poisons) that cause vomiting or diarrhoea. Reheating the rice won't

Get rid of these toxins.

You can cool rice down more quickly by dividing it into smaller portions, spreading it out on clean tray, or running it under cold water (make sure the water is clean and of drinking quality).

Cooking

Cooking is a critical step to ensure that any bacteria that may be present in food are completely killed and the food is safe to eat. It is essential that cooking is carried out properly.

We make a great effort to ensure that the cooking process is completed safely for the children. In order to ensure that we train the kitchen staff and the food handlers on the following Safe Cooking steps through cooking kills harmful bacteria:

- Preheat equipment such as ovens and grills before cooking. If you use equipment before it has preheated, food will take longer to cook. This means that recommended cooking times in recipes or manufacturer's instructions might not be long enough.
- Do not let raw food touch or drip onto cooked food e.g. when adding food to the grill/barbecue. Raw food can carry food poisoning bacteria, which could spread onto cooked food and stop it being safe.
- Check that poultry is cooked properly in the thickest part of the leg. The meat should not be pink or red and the juices should not have any pink or red in them. The largest piece of meat in stews, curries etc. should be piping hot all the way through with no pink or red in the centre.
- Check that sausages are thoroughly cooked and piping hot all the way through with no pink or red in the centre. This is because they may have bacteria spread throughout. Whole cuts of pork should also be thoroughly cooked.
- Check that combination dishes are piping hot (steaming) in the centre. If you are cooking a large dish or batch, check in several places. (Remember large dishes or batches require a longer cooking time).
- Check that liquid dishes bubble rapidly when you stir them. This is to make sure the food is hot enough to cook it thoroughly and kill food poisoning bacteria. Stir liquid dishes frequently. This is to help make sure the food is the same temperature all the way through, with no cold spots.
- Check that all the outside surfaces of whole cuts of meat and whole joints (beef or lamb) are fully cooked. This will kill food poisoning bacteria which are only on the outside of the meat. Pork and rolled joints should not be served rare.
- Turn meat and poultry during cooking as this helps it cook more evenly.
- Where appropriate, follow the manufacturer's cooking instructions for food products.
- Make sure liquid dishes, e.g. soup and sauces, are simmering. Stir liquid dishes frequently.
- All meat and poultry must be boiled first before cooking them.

Food That Need Extra Care

Some Foods Need To Be Treated With Extra Care To Make Sure They Are Safe To Eat

While raw meat and poultry, remain the main source of bacteria in the kitchen. At Happy Little Bunny Nursery we also take care with the following foods in order to maintain safe practise on our food preparation process:

Eggs

Eggs can contain food poisoning bacteria (Salmonella), when cooking them thoroughly this kills any bacteria. We always check that the egg is cooked until the white and yolk are solid. We also cook eggs and foods containing eggs thoroughly until they are piping hot. Which we believe it is the safest cooking methods for eggs. We do not use eggs after the 'best before' date, as a basic safe practice.

Rice

We believe that it is essential to handle rice safely to make sure it is safe to eat. Due to the fact that, uncooked rice can contain spores of bacillus cereus, bacteria that can cause food poisoning. When rice is cooked, we make sure that we keep it hot and serving it as quickly as possible, within less than an hour.

The reason for the quick handling of rice is that, when the rice is cooked, the spores can survive. Then, if the cooked rice is left standing at room temperature, the bacteria could start growing again from the spores. These bacteria will multiply and may produce toxins (poisons) that cause vomiting or diarrhoea.

Pulses

Due to the fact that, Pulses can contain natural toxins that could make people ill unless they are destroyed by the proper method of soaking and cooking. We ensure that the kitchen staff follow the instructions on the packaging on how to soak and cook dried pulses, such as red kidney beans. Tinned pulses will have been soaked and cooked already; therefore they become our first choice when it comes to cooking and serving pulses.

Birthday Celebration Policy And Procedures

The Nursery celebrates Birthdays; it is optional whether parents wish to bring cakes to be shared between all the children attending on that day.

- The cake should be ready made, brought from a well known store.

- The cake should be brought to the nursery in its original (package where the expiry date and ingredients are shown clearly)
- The Nursery does not accept any homemade food unless we are holding a special event for parents and families.

References:

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This policy was reviewed on: 13.05.19

Date of next review: 13.05.20