



# Food Safety and Hygiene Policy

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Policy Monitoring	
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Signed by (Printed name and signature):	
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## Food Safety and Hygiene Policy

Our childcare setting understands how following food safety and hygiene practices protect children from illness, ensure their wellbeing, and promote healthy development. Young children are especially vulnerable to foodborne illnesses, so maintaining high standards of cleanliness and safe food handling is essential for creating a safe and nurturing environment.

Food safety and hygiene regulations stipulate that all settings must make sure that the food provided for children and babies is safe to eat. Settings must adhere to the [Early years foundation stage statutory framework for childminders](#) and ensure food safety compliance, as set by the Foods Standards Agency (FSA).

This will be achieved through implementing the following:

The food hygiene session was attended on Date .....

I have completed the recommended [FSA Food allergy and Intolerance online training](#) on Date .....

The setting follows the Safer food, better business for childminders document produced by the Foods Standard Agency [Safer food, better business for childminders | Food Standards Agency](#)

The setting **is waiting for /has received** a visit from the Food Standards Agency team as per registration requirements.

The date of the visit

Feedback will be shared following the FSA visit.

### **Preparing food**

The importance surrounding the preparing of food is understood. Rigorous hygienic standards will be maintained throughout, practices include:

- Washing hands before handling food, and during the handling of food to avoid cross contamination of food products.
- Use by dates and best before dates will be carefully monitored to ensure children receive high quality products.
- Some food portions may be prepared in advanced for freezing. The Food Standard Agency's food safety guidelines, [Chilling food correctly in your business | Food Standards Agency](#) will be followed when both freezing and then defrosting. Food will be clearly labelled with name and date of freezing, to ensure that the frozen food product remains identifiable, and to keep within the safety timeframe for frozen foods. For more information see [Label better, less waste: Food date labelling guidance](#) Thawed food will be used within 24 hours of defrosting.
- All surfaces used to prepare food will be hygienically cleaned using appropriate cleaning products.
- A separate chopping board will be used when cutting raw meat. The board and knife will be washed at a high temperature after use. Separate chopping boards will also be used to ensure no cross contamination of food.
- Salad items, such as lettuce, will be rinsed, before use.
- Cloths can harbour germs and bacteria, therefore these are changed frequently and washed at a high temperature.
- Everyone responsible for preparing and handling food are competent to do so.

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- Children could be encouraged to prepare food through cooking activities. Hygiene will remain paramount, and the children will be taught health and hygiene principles from a young age.
- Storage of cleaning products will be kept separate from all equipment and or resources required for mealtimes.
- Dirty laundry will not be brought into the kitchen area whilst food is being prepared. Nappy changing facilities, including using the potty, are kept away from the food preparation areas. This helps to prevent dirt and bacteria spreading from nappies and laundry to food.
- If there are pets at the setting, they will be kept away from the food, dishes, and worktops. All surfaces will be cleaned and disinfected prior to the preparation of food. At the setting, we understand how pets can spread harmful bacteria to food.

### **Mealtimes**

Hygienic and safety principles will apply at mealtimes and where mealtimes take place, this includes:

- Children will be positioned within sight and hearing whilst eating. Where possible, we will sit facing children whilst they eat to ensure children are eating in a manner to prevent choking and to prevent food sharing. We will be vigilant to the signs of any unexpected allergic reactions. [Food allergy - NHS](#)
- Children will not be able to wander around whilst eating, or with food in their mouths, as this poses a choking hazard.
- The [Early Years SEND Self Help Guides - Bristol Early Years](#), and the guidance around eating and drinking, could support understanding of behaviours that children may be engaging with in response to an unmet need. Where appropriate the setting will liaise with the parents, childminding SENCO, and relevant health professionals, to maintain safe and hygienic practices.
- Under no circumstances will children be able to eat whilst we are travelling in a car due to not be able to respond to choking or an allergic reaction in a time sensitive manner.
- All food will be removed from the eating area once mealtimes are finished. This will prevent children returning and potentially eating foods that were not prepared for them and eating when not supervised.
- Cleaning the highchair(s), including both the seat and tray.
- Cleaning the dining area, including the table and chairs.
- Sweeping the floor, clearing up any spilt food debris.
- Pets will not be allowed in areas where children are eating as this can spread harmful bacteria to food.

### **Cooking and reheating food**

Food may be cooked in advance to use for mealtimes. This applies to both foods cooked at the setting or foods brought in from home. The food must be used within 48 hours from when it was made and reheated appropriately. Thorough cooking kills harmful bacteria. It is very important to reheat food properly to kill harmful bacteria that may have grown since the food was cooked. The food will be stirred to ensure the food is the same temperature all the way through. When /or if the food is microwaved, it can be extremely hot at the edges and still be cold in the centre, therefore the setting will ensure that all food is stirred to prevent uneven temperature.

To make sure that cooked or reheated food is safe to eat, the setting will check it is very hot (steaming) all the way through. Reheating food so that it is warm does not kill any bacteria

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present, therefore as the food will be very hot, it will be left to cool a little before serving the reheated food to children. Food will only get reheated once.

All cooking appliances used for cooking and/or reheating foods, such as the microwave, oven, and hob will be cleaned regularly, and any spills will be cleaned immediately. Food will be appropriately covered whilst being reheated.

### **Rice**

If rice is cooked at the setting, it will be kept hot until it is eaten or cooled down as quickly as possible (ideally within one hour) and then keep it in the fridge. Cooked rice will be used within 24 hours and reheated until very hot (steaming). Rice can contain spores from a type of harmful bacteria. If cooked rice is left at room temperature, the bacteria could start growing again from the spores. The bacteria will multiply and may produce toxins (poisons) that cause food poisoning. Reheating will not get rid of these.

### **Fridge and freezer temperatures**

The setting will monitor fridge and freezer temperatures; we understand that food can spoil if the correct temperature is not maintained. The Fridge will be kept no higher than 5° C. All chilled foods must be kept at 8° C or below.

### **Lunch boxes**

All food and drinks brought to the setting should comply with the healthy foods policy. To mitigate against known allergens and food intolerances all parents will be updated to which food products to not include within their child's lunch box. Nuts and nut derivatives will not be allowed into the environment due to an increase in allergic reactions and choking hazards. Food contents, where possible, will be stored appropriately in the fridge to maintain the correct temperature, alternatively, an ice block should be placed in the lunch box. These will then get stored in a suitable place, away from radiators or heat sources. No child will have unsupervised access to the contents. Food not consumed, will be kept, so that you can see what or how much your child has consumed whilst at the setting. The setting will work closely with parents, maintaining oral health and healthy options. For lunch box ideas and recipes [Lunchbox ideas and recipes – Healthier Families - NHS](#)