

TAMSIN'S LITTLE ACORNS

Food Safety Policy

A child's immune system hasn't developed fully and therefore they are more vulnerable to illness. I need to maintain a safe and healthy environment for the children whilst promoting good hygiene practices. I have completed the relevant Food Hygiene course and will follow the procedures below:

PREPARING FORMULA FEEDS

Ideally formula feeds should be made up when needed. This then should be used within 2 hours. If the formula is from a carton or bottle where it is already mixed, this can be opened and stored at the back of the fridge (less than 5 degrees C) for 24 hours. If it has not been used within this time scale, it must be disposed of.

When preparing formula feeds, the kettle must be filled with clean water, then boiled. Pour the correct amount of water into the bottle and loosely fill the measuring spoon with formula, using the leveller provided to flatten the top. Scoop the correct amount of formula into the water using the manufacturers recommended guidelines. Mix the water with the formula and leave to cool. Always ensure you have washed your hands before preparing the formula.

Formula in powder form also has a best before date and this should always be adhered to – usually the guideline is 1 month after the container was opened.

PREPARING BREAST MILK

Breast milk can be expressed and stored in the fridge for up to 5 days, as long as the fridge temperature is at 4 degrees C or less.

Breast milk can be stored in the freezer compartment of the fridge for up to 2 weeks.

Breast milk can be stored in the freezer for up to 6 months as long as the temperature is -18 degrees C or below.

It must always be stored in a sterilised container and should be defrosted in the fridge. If the child prefers to drink the milk warm, this should be warmed in a container of warm water.

PLEASE NOTE: I NEVER MICROWAVE ANY MILK AS THIS MAY CREATE HOT SPOTS AND BURN THE CHILD'S MOUTH

STERILISATION OF FEEDING EQUIPMENT

All bottles and feeding equipment must be sterilised prior to use. This is particularly important when mixing formula as this may contain a very harmful bacteria called Cronobacter Sakazakii which can cause life threatening illnesses. Ensure all work surfaces are cleaned along with hands, clothes and equipment. Once the feeding equipment has been used, wash in warm soapy water and then sterilise when needed.

SAFE PREPERATION OF FOOD

1. Wear a clean apron
2. Cover all wounds and cuts with a colourful dressing
3. Ensure all pets are out of the way
4. Be aware of cross contamination and use separate utensils and chopping boards
5. Ensure all work surfaces and equipment are clean
6. Consider any allergies the children may have
7. Be careful of food that is thawing and be sure that the juices aren't contaminating other foods or leaking onto work surfaces
8. Follow manufacturers guidelines at all times for defrosting and cooking

SAFE STORAGE OF FOOD

1. Ensure food is covered
2. Check the fridge and freezer temperatures regularly
3. Once food has been thawed and defrosted, do not refreeze
4. Correctly store food in the fridge, for example the raw meet should be stored at the bottom
5. Check all sell by and use by dates
6. Once opened, don't keep open cans in the freezer, transfer them into a sealed container and write the date and time on
7. Wash all fruit and vegetables, even if it states on the packaging they have already been washed
8. If parents provide food ensure it is stored correctly

SAFE DISPOSAL OF WASTE

1. Ensure bins are emptied regularly and have secure lids
2. Protective clothing and gloves to be worn when disposing of bodily waste
3. Dispose of nappies in outside bins
4. Sterilise effected areas afterwards
5. If there is any medical waste that needs to be disposed of ie. And EPI-PEN, request a sharps box from your GP

CARE OF PETS

1. I need to teach children the importance of washing hands after touching pets and animals
2. Keep pets feeding bowls out of reach of children
3. Ensure the pets have a quiet place to rest
4. Check garden regularly for faeces and clean up immediately
5. Ensure pets worming and flea immunisations are up to date

I don't actually have any pets at my home.