

Tiddlywinkers Day Nursery
Policy on Healthy Eating

Purpose of the Policy – To provide a healthy and nutritious meal for all children at Tiddlywinkers.

How the Policy is Implemented – Mealtimes should be social, learning times when we can sit down with our friends quietly to enjoy our food.

Procedure –

Personal Hygiene –

Tiddlywinkers has set a high standard of personal hygiene for all members of staff involved in the handling and preparation of food. Members of staff will be responsible for ensuring that any children involved with preparation of snack follow strict hygiene procedures. In addition any person showing signs of ill health will not be permitted to handle food.

Identification and Handling of High Risk Foods –

Where high risk foods have been identified, the member of staff responsible for their handling and preparation will identify the potential hazards associated with them and document how they are to be handled and prepared safely in order to prevent ill health and cross contamination.

Temperature Control –

It is the policy of Tiddlywinkers to ensure that any and all foods are stored according to safe food handling practices and at the correct temperature in order to prevent the growth and multiplication of food poisoning organisms, to reduce the rate of food spoilage and to ensure that food quality is maintained. It is the policy of Tiddlywinkers to check and record fridge temperatures on a daily basis to ensure that the correct temperature is maintained.