

# Bizzie Lizzies Nursery and Pre School.

Nursery Ofsted URN- EY392303  
Preschool Ofsted URN – 2549120  
RP number - 906327

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Healthy eating, food  
hygiene and food  
safety

## Food Safety and Hygiene Policy – Bizzie Lizzies

All staff at Bizzie Lizzies hold a certified qualification in Food Safety.

### General Guide to Food Hygiene

- Fridge temperatures are checked, recorded, and adjusted as necessary on a daily basis.
- The temperature of all food is checked before serving.
- All plates, cups, bowls, and utensils are inspected before use; any damaged items are replaced.
- Plates, bowls, and utensils used during meals are washed in the dishwasher immediately afterward.
- Correct colour-coded cloths are used for cleaning different areas of the nursery.
- Hands are washed thoroughly before and after preparing food or drinks.
- Staff who have recently been unwell do not prepare food.
- Food preparation areas are cleaned before and after use.
- Colour-coded equipment (e.g., chopping boards and utensils) is used for specific food types.
- Appropriate cleaning products are always used.

- Hot food temperatures are taken and recorded; if food has not reached the correct temperature, it is reheated to 75°C and then cooled to a suitable temperature for serving.
- Food temperature probes are calibrated weekly.
- Tea towels are kept scrupulously clean and washed daily.
- All utensils are kept clean and stored in dust-free drawers.

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## **Food Deliveries**

- All food deliveries are checked for expiry dates and overall quality upon arrival.
- Food is promptly stored in the appropriate location.
- Hot lunch deliveries arrive at 12:00 PM. Temperatures are checked and recorded; if necessary, food is reheated to 75°C.

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## **Food Storage**

- Separate, clearly labelled cupboards are provided for different food types.
- All fridges, freezers, and food storage cupboards are cleaned weekly.
- Opened packets, containers, jars, or bottles (e.g., butter) are dated.
- Items that cannot be resealed (e.g., cheese) are stored in airtight containers.
- All food is checked for quality before serving.

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## **Healthy Eating and Drinking**

### **Breakfast and Snacks**

- Breakfast is offered at 8:30 AM (e.g., wholemeal toast, fruit, crumpets).
- Snacks are provided at 10:30 AM and 3:00 PM (fresh fruit, etc.).
- Lunch is served at 12:00 PM. Children may bring a lunchbox from home or order a hot meal from The Royal Oak.
- Families sending lunchboxes receive guidance on healthy options that comply with our Healthy Eating Policy and accommodate allergies.
- The hot meal menu is varied, healthy, and seasonal. An example menu is available on our website.

### **Drinks**

- Only water and milk are provided at nursery and preschool.
- Families are asked to send water in suitable drinking bottles
- Fizzy or caffeinated drinks are strictly prohibited.
- Water is offered regularly throughout the day, with suitable cups and beakers provided.

- Children are encouraged to ask for water as needed.
- Intake of water is monitored for unusually high or low consumption.
- Milk is offered during snack times.

### **Baby Bottles**

- Babies using bottles must have their own bottles sent from home daily.
- Formula milk must be sent in its original container and freshly prepared when needed.
- Expressed breast milk can be sent and stored in a separate fridge area.
- Baby bottles are sent home daily for sterilisation.
- Milk may be heated in a microwave or bowl of hot water; the temperature must be checked before feeding.

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### **Safer Eating Practices**

- Children eat at dining tables or outdoor seating areas, always supervised by at least one staff member at eye level to monitor for choking risks.
- Highchair restraints are used to ensure children are safely secured.

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### **Relevant Legislation and Guidance**

- Food Safety and Hygiene (England) Regulations 2013
- General Food Regulations 2004
- Food Safety Act 1990
- Safer Food, Better Business 2019