

CMN Kitchen and Food Safety Policy

PREVENTING THE SPREAD OF HARMFUL BACTERIA

The following guidance is based on the Food Standards Agency Guidance on the control of cross-contaminates such as E. coli O157 at www.food.gov.uk. Bacteria, such as, salmonella, staphylococcus aureus and E. coli O157 are invisible to the naked eye, so they can easily be spread to food without realising. These bacteria could make children and adults seriously ill, and can even kill. Hence, we practice good food hygiene at all times to make sure the food produced is safe.

To ensure that our kitchen is safe from harmful bacteria, we follow the guidelines below.

Always Separate: Cross-contamination is one of the most common causes of food poisoning. It happens when harmful bacteria are spread onto ready-to-eat food from other food, surfaces, hands or equipment. Identifying separate work areas, surfaces and equipment for raw and ready-to-eat foods is the only certain way of preventing contamination.

Stop bacteria spreading Work areas: Provide separate working areas, storage facilities and clothing for the handling and storage of ready-to-eat food.
Storage: Use separate storage and display facilities, including refrigerators and freezers. Where separate units are not provided, the areas for different food use should be sufficiently separated and clearly identifiable.

Utensils: Separate chopping boards and utensils must be used for raw and ready-to-eat foods unless cleaned and disinfected between uses.

Cleaning products: Effective cleaning is essential to get rid of harmful bacteria and stop them spreading to food. Work surfaces and equipment should be washed regularly and disinfected between tasks.

Cleaning and disinfecting Disinfection can be used to destroy bacteria from surfaces. However, chemical disinfectants only work if surfaces have been thoroughly cleaned first to remove grease and other dirt. This is the two-stage process for effective disinfection: □ Use a cleaning product to remove visible

dirt, food particles and debris, and rinse to remove any residue □ Apply disinfectant using the correct dilution and contact time, according to the manufacturer's instructions, and rinse with drinking water.

Heat cleaning Heat is one of the best ways of killing bacteria, but the temperature and contact time must be sufficient to destroy harmful bacteria. For example: Utensils: If using a dishwasher, water reservoirs should be kept above 80°C for at least 15 seconds. Dishwashers should be cleaned regularly, including the removal of food debris, plastic wrapping and limescale from the water jets, filters and drains.

Cloths: Re-usable cloths should be washed on a hot cycle, at 82°C or above, and dried between tasks.

Handle food hygienically It is vital for people working with food to follow good personal hygiene practices to help prevent harmful bacteria spreading to ready-to-eat food by cross-contamination. Handwashing Anyone handling food should wash and dry their hands thoroughly before, using a recognised technique, for example from the Department of Health or the NHS. It is particularly important to wash your hands before touching ready-to-eat food, after going to the toilet, after touching raw meat or surfaces that might have come into contact with staff handling raw food. Single-use towels or air driers are recommended for drying hands hygienically. Anti-bacterial hand gels should not be used instead of thorough handwashing! NOTE: Encourage children to wash their hands before eating.

Handling food Minimising direct contact with food will reduce the risk of harmful bacteria spreading. Safety Tips Use tongs and other utensils to handle food □ Keep hands clean to prevent contamination of handles. Wear clean clothing or disposable aprons □ Change outer clothing (e.g. aprons and overalls) before handling ready-to-eat food. □ Wash hands after changing contaminated clothing and before putting on clean clothing.

Remember as well as preventing cross contamination it is important to: • Cook food thoroughly -above 75°C • Keep cold food cold - below 5°C • Keep hot food hot - above 63°C

“Healthy eating is at the heart of helping every child get the best start in life”

It is important to help children eat more healthily by establishing good food habits in their early years. A balanced and nutritious diet will help them learn and develop. To ensure a balanced diet for children, our meals are planned around the following food groups:

- Starchy foods,
- Fruit and vegetables,
- Meat, fish, eggs, beans and
- other non dairy sources of protein,
- Milk and dairy foods.