



Giggles and More Ltd

8 Deer Park, Fairways Business Park, Livingston, EH54 8GA.

Food Safety Policy

We have a duty to ensure that safe and healthy practices are followed regarding the storage, preparation, handling and serving of food both within my setting and when providing children with meals and snacks.

We understand that some children may have special dietary requirements due to an allergy, intolerance, sensitivity, health condition, or because of cultural or religious beliefs. We will always obtain information about any special dietary requirements, preferences or food allergies before a child starts care with us.

1. Food Handling Procedures:

All nannies and babysitters will adhere to proper food handling procedures, including hand washing before and after food preparation, using clean utensils and surfaces, and storing food at appropriate temperatures. We encourage our carers follow advice from the Food Standards Agency regarding the safe storage and handling of food.

2. Dietary Restrictions and Allergies:

Nannies and babysitters will be informed of any dietary restrictions or allergies of the children under their care and take necessary precautions to avoid cross-contamination and ensure safe meal preparation. We collect, record and act on information regarding any allergies or special dietary requirements. We request parents complete an allergen questionnaire and also ask them to regularly review the dietary information provided in their child's care plan.

3. Meal Planning and Preparation:

Nannies and babysitters are happy to plan nutritious and balanced meals in consultation with parents, taking into consideration the dietary preferences and nutritional needs of the children. They will check cooking guidelines on packaging before preparing and serving food.

4. Food Storage and Transportation:

Nannies and babysitters will ensure that food is stored and transported safely to maintain freshness and prevent spoilage. This includes using appropriate containers and refrigeration when necessary. Where parents provide packed lunches, meals, or snacks for children to eat, nannies will ensure that these are stored in a chilled / cool place and that any other food stuffs are stored appropriately.

5. Hygiene and Sanitation:

Nannies and babysitters will maintain cleanliness and sanitation in the kitchen area, including regular cleaning of surfaces, utensils, and equipment used for food preparation. Nannies will help children to wash and dry their

hands correctly prior to meals, snacks, or handling food. Children must also wash their hands after going to the toilet, playing outside, or touching animals.

6. Monitoring and Compliance:

Regular monitoring and compliance checks will be conducted to ensure that food safety standards are upheld, and any issues are promptly addressed.

7. Training and Education:

Nannies and babysitters will receive training on food safety practices and be provided with resources and guidelines to support their understanding and implementation of the policy.

8. Communication with Parents:

Nannies and babysitters will communicate with parents regarding meal plans, food safety practices, and any concerns or incidents related to food preparation and consumption.

9. Continuous Improvement:

We are committed to continuously reviewing and improving our food safety policy to meet the highest standards of quality and safety in childcare.

In the event of an outbreak of food poisoning affecting a child or children looked after by our nannies, we will notify the Care Inspectorate immediately of the incident occurring in order to comply with regulations.

Scotland's Health & Social Care Standards		Food Safety Policy
Responsive care and support		
1.23 - My needs, as agreed in my personal plan, are fully met, and my wishes and choices are respected.		
Wellbeing		
1.28 - I am supported to make informed lifestyle choices affecting my health and wellbeing, and I am helped to use relevant screening and healthcare services.		
1.33 - I can choose suitably presented and healthy meals and snacks, including fresh fruit and vegetables, and participate in menu planning.		
1.34 - If I need help with eating and drinking, this is carried out in a dignified way and my personal preferences are respected.		
1.35 - I can enjoy unhurried snack and mealtimes in as relaxed an atmosphere as possible.		
1.36 - If I wish, I can share snacks and meals alongside other people using and working in the service if appropriate		
1.37 - My meals and snacks meet my cultural and dietary needs, beliefs and preferences.		
1.38 - If appropriate, I can choose to make my own meals, snacks and drinks, with support if I need it, and can choose to grow, cook and eat my own food where possible.		