

D-4 Food Safety and Handling

Epping Heights OSHC.

NQS

QA. 1.1.3	Program learning opportunities.
QA. 2.1	Health.
QA. 2.1.1	Wellbeing and comfort.
QA. 2.1.2	Health practices and procedures.
QA. 2.1.3	Healthy lifestyle.
QA. 3.1.2	Upkeep.
QA. 4.2.2	Professional standards.
QA. 5.1.1	Positive educator to child interactions.
QA. 5.2.1	Collaborative learning.
QA. 7.1.2	Management systems.
QA. 7.1.3	Roles and responsibilities.
QA. 7.2.1	Continuous improvement.

National Regulations

Reg. 77	Health, hygiene and safe food practices
Reg. 78	Food and beverages
Reg. 168	Education and care service must have policies and procedures

My Time, Our Place

LO. 1	Children have a strong sense of identity Children develop knowledgeable and confident self-identities
LO. 3	Children take increasing responsibility for their own health and physical wellbeing
LO. 4	Children are confident and involved learners Children transfer and adapt what they have learned from one context to another

POLICY STATEMENT

We aim to ensure effective food safety practices are implemented and maintained so to reduce the risk of potential food-borne illnesses, to identify potentially hazardous foods and to minimize the spread of illnesses and infectious diseases.

The Committee will ensure training is provided for in the budget to ensure staff are up-to-date in food safety, handling and hygiene practices within a child care service according to current legislation.

RELATED POLICIES

- Epping Heights OSHC Policy A-3: Philosophy
- Epping Heights OSHC Policy D-2: Hygiene
- Epping Heights OSHC Policy D-3: Food and Nutrition
- Epping Heights OSHC Policy D-13: Illness and Infectious Diseases
- Epping Heights OSHC Policy D-15: Allergies
- Epping Heights OSHC Policy E-1: Daily Routines

PROCEDURE

The following food preparation and serving standards as determined by the Food Standards Australia and New Zealand (FSANZ), will be maintained at all times.

Staff will observe the following guidelines in regards to hygiene when preparing food:

Not prepare foods for others if they are ill.

Ensure they do not sneeze, cough, or expel air over surfaces that may come into contact with food.

Always wash hands following sneezing, coughing, touching their hair or body, or blowing their nose.

Cover any wounds with appropriate food handler's Band-Aids

Always wash hands thoroughly with warm soapy water and dry thoroughly with paper towel before and after touching food, and in between handling raw and ready to eat foods.

Tie hair back when handling food

Ensure outer clothing is of a level of cleanliness that is appropriate for the handling of food.

Remove or cover jewellery when handling food

Instruct and supervise children to wash hands thoroughly before food consumption. Sufficient soap and hand drying equipment will be made available in the children's toilets.

Staff will observe the following guidelines in regards to food handling, preparation and storage:

Ensure cooking utensils are clean and washed either in the dishwasher to ensure appropriate sanitisation. Staff will ensure bench tops and fridge are clean and kept clean by including in the termly cleaning schedule. All kitchen surfaces will be cleaned and sanitised before and after use.

Separate preparation areas, storage areas and utensils should be used for raw foods, cooked foods and ready-to-eat foods. Chopping boards are colour coded and used only for certain foods and thoroughly cleaned and sanitised after food preparation

Use clean tea towels and sponges. Sponges used for non-food purposes such as craft will be clearly marked and not used for kitchen purposes. Dishes are to be washed in warm, soapy water (45°C) and sanitized in hot water (77°C) or with chemical food grade sanitiser. Dishes will be air dried where possible. If dishes need to be dried, Tea towels will be replaced after each use.

Avoid serving food from damaged containers such as dented tins or broken seals.

Tongs will be used for the serving of food. Where possible, educators will encourage the development of children's food handling skills (see D-2 Hygiene Policy).

Check all "use by" dates. No food past its 'use-by' or 'best before' will be served at the Centre.

Discard leftovers in the fridge after 2 days.

Store foods in containers that are clean, easy to wash, have good fitting lids or are covered with plastic film. All containers will clearly display food safety labels identifying the food enclosed, any allergens (including may contain traces) that are relevant to the children, and the earlier of either the use by/best before date or the date food must be consumed by as per the packaging (i.e. use within 3 days etc.)

Store raw foods below cooked foods in the refrigerator.

Store raw meat products at bottom of the refrigerator.

Wash all fruit and vegetables thoroughly.

Always supervise children eating and warn them when food is hot.

Display a thermometer clearly in the refrigerator and freezer and check it daily. Correct cold storage temperature is below 5°Cdegrees

Avoid overfilling the freezer and fridge.

Keep kitchen free from vermin and insects. Food scraps will be cleaned from the kitchen every day and garbage will be disposed of effectively.

Staff will understand that the following food products are high-risk for food-borne bacteria:

Meat

Poultry

Dairy Products

Eggs

Small goods such as luncheon meats, ham

Seafood

Cooked Rice

Cooked Pasta

Prepared Salads such as potato salad and coleslaw

Prepared fruit salads or chopped fruit platters

Potential hazardous, high-risk foods will be handled with extra care by observing the following:

Keep high risk foods out of the 'temperature danger zone'. Keep cold food cold and hot food hot.

The temperature Danger zone is between 5C and 60C.

Cook hot foods to steaming hot i.e. an internal temperature of 75C

Keep cold foods under 5C.

High risk food left in the danger zone for more than four hours will be thrown away

High risk food left in the danger zone for two hours must be consumed within the four hour rule (above) or discarded. Once high risk food has been in the danger zone for two hours it cannot be kept as a leftover for future consumption.

When cooling cooked potentially hazardous food, cool the food:

Within two hours – from 60°C - 21°C

Within a further four hours – from 21°C - 5°C

Keep cold food in the fridge until it is ready to serve.

SOURCES

- Education and care Services National Regulations 2011
- National Quality Standard
- My Time, Our Place Framework for School Age Care in Australia
- NSW Public Health Act 2010 No.127 Part 3. Division 1
- Food Standards Australia New Zealand – Food Safety Standards Factsheets (<http://www.foostandards.gov.au>)
- Australia and New Zealand Food Standards Code
- NSW Food Authority
- NSW Food Act 2003
- NSW Food Regulation 2010

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