



03 Food safety and nutrition procedures

03.3 Milk and baby food preparation and storage

Purchasing and storing food

- If parents are providing formula milk already made up at home, or breast milk, it should already be made up into sterilised bottles and clearly labelled with the child's name.
- Parents are advised to follow the manufacturer's guidance and to transport the prepared feeds or breast milk in a cool bag. On arrival, feeds are taken out of the cool bag and put straight into the fridge.
- Made up feeds or breast milk is always used on the same day.
- In line with current Food Standards Agency guidance, parents are advised not to give toddlers and young children (ages 1 – 4.5 years) rice drinks as a substitute for breast milk, infant formula or cow's milk. Parents should speak to their child's health visitor for further guidance if their child has a milk intolerance and needs an alternative.
- Parents are informed that they should not bring in food that contains nuts. Staff check packets to make sure they do not contain nuts or nut products.

Preparation

- Members of staff wash hands before or on entering the kitchen.
- Preparation of snack and bottle warming is restricted to key persons or co-workers; other staff/students preparing food are supervised by a permanent staff member or key person.
- All foods provided by the setting i.e. snack and any foods in the 14 allergens list are identified and listed on children's menus.
- All water is boiled first before making preparing a drink for all babies under one year and should be allowed to cool for no more than 30 minutes. Water that has already been boiled once should not be boiled again.
- Water given to babies over 6 months old as a drink does not need to be boiled first, for babies under 6 months the above guidance applies.
- Bottles are cooled under cold running water and the temperature checked on the inside of an adult's wrist to ensure that it is body temperature, which means it should feel warm or cool but not hot.
- Only sterilised bottles, spoons, plates are to be used for babies under one year and these are to be kept in the kitchen.
- Vinyl gloves are used to prepare milk feeds or weaning food for babies.
- Raw fruit or vegetables given to babies are washed, peeled, cut or blended.
- Finger foods, such as rusks, are served in a dish.

- Babies are slowly introduced to food in the setting so that by approximately one year of age they are fully weaned according to need.

Further guidance on making up bottles in advance for use at the setting can be found at:

www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/bottle-feeding/formula-milk-questions/

Guidance for the storage of breast milk is available from: www.nhs.uk/conditions/pregnancy-and-baby/pages/expressing-storing-breast-milk.aspx#close

This policy was adopted by	Blackberry Lane Pre-School & Nursery	
On	September 2023	
Date to be reviewed	September 2024	
Signed on behalf of the provider		
Name of signatory	Mrs D Gibson	Mrs A Barnes
Role of signatory (e.g. chair, director or owner)	Manager	Director