



Melrose Rural Care Food Handling and Storage Practices

From our Philosophy:

"We aim to provide high quality care and education through a partnership between parents, children, community, staff and the Department of Education and Children's Services."

- ❖ With the belief that: "Children develop individually through stages, in their own learning style varying through cultural and family values and perception of these may vary.
- ❖ Healthy self esteem is the basis of positive physical, intellectual and social growth.
- ❖ We believe children need to express themselves in a safe environment.
- ❖ Children learn most effectively through hands on experience, through play.
- ❖ We value involvement of families and community and we encourage open communication.
- ❖ Our planning and evaluation is inclusive to children with additional needs.
- ❖ Our aims of planning and daily activities reflect our philosophy and are made available to families.

The MELC adhere to careful food handling, safe food preparation and storage practices.

1. The use of good hygiene practices such as regular hand washing and drying, in accordance with our "Infection Control Policy". This is especially important prior to food handling. Educate children about good hygiene practice and when cooking with children, observe for actions that require them to re-wash their hands eg. Licking fingers, wiping their nose etc
2. Food should not be handled by anybody that has an infection or is currently, or has recently, been ill.
3. The use of thoroughly clean equipment and the immediate cleaning of equipment are crucial, so there is no food contamination the next time the equipment is used.
4. Careful attention paid to prevent cross contamination of bacteria from raw foods to cooked foods with your hands or tools eg. Use separate chopping boards for raw and cooked meats.
5. Food needs to be cooked thoroughly. Ensure meats are properly thawed (in the refrigerator) before cooking. All raw foods to be stored at the bottom of the fridge. The rapid cooling of cooked food is also important to prevent food poisoning.
6. Cold foods need to be stored at below 4° C and hot foods kept at above 65° C. This prevents or slows bacterial growth.
7. Label and date any foodstuffs stored in the refrigerator, or cooking supplies cupboard (if not in original container). Use foodstuffs by best before date or else discard.
8. Staff to wear gloves as per the Infection Control Policy.

At the MELC, children bring their own food in their own labelled containers which are kept in the refrigerator. Any formula or breast milk should be labelled with the date received (and expressed if breast milk), the child's name and immediately refrigerated.

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Director

Rural Care

Reference: Food Safety - Department of Health of SA

Adopted: / /2007

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