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Estes documentos são importantes. Se tiver dificuldade na sua leitura ou compreensão, deve contactar a *Communications*, no Município de East Herts, através do número 01279 655261, ou envie um e-mail para [communications@eastherts.gov.uk](mailto:communications@eastherts.gov.uk).

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# Guidance on Food Hygiene and Infection Control for Childminders



An information booklet produced by  
East Herts Council Environmental Health

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# 1 Introduction

It is estimated that there are about four times as many incidents of food poisoning resulting from food prepared in the home than there are from food prepared in commercial premises such as restaurants, hotels and take-aways.

Anyone who has suffered from food poisoning will tell you, it's not a pleasant experience. At best it may mean spending a few days in bed with symptoms such as diarrhea, vomiting, stomach cramps, fever, headaches and nausea. At worst, food poisoning can be fatal.

It is the responsibility of every food business to make sure that the food they provide is fit to eat.

**What you may not realise is that, as a childminder, if you provide food for the children you look after, you are running a food business.**

This means you are required to comply with the requirements of the Food Hygiene (England) Regulations 2006. Food Safety Enforcement Officers from East Herts Council may, at any reasonable time, inspect the parts of your house used to store or prepare food.

This booklet is designed to help you comply with the Regulations, and more importantly, take the necessary steps to ensure the food you serve is safe to eat.

Under the Children Act 2004 Ofsted inspectors are required to inspect and report on how well you help children to be healthy. This will include how you store and prepare food, how you prevent the spread of infection and how you can encourage children to eat healthily.

We acknowledge thanks to Surrey Food Group and Elmbridge Borough Council for their permission to include material from "Feed Them Safe".



# 2 Buying Food

- Always buy food from reputable suppliers.
- Use a cool box or cool bag to carry home high-risk foods (foods that need refrigeration) especially in warm weather.
- Use ice packs in the cool box/bag to help keep food cool.
- Make sure raw and ready-to-eat foods, are properly wrapped in shopping bags. Wherever possible put them in separate bags.
- Try to buy chilled and frozen foods last.
- After buying chilled or frozen foods take them home without delay.



# Storing Food

- Store raw meat and poultry in covered containers at the bottom of the fridge to avoid any risk of juices dripping on to foods which are ready-to-eat.
- Always keep eggs in the fridge and separate from ready-to-eat foods.
- Do not store opened cans of food in the fridge. Put the contents into a suitable container such as a covered plastic bowl before refrigerating.
- Regularly check your fridge to make sure it is working properly (0°C to 5°C). A simple thermometer kept in the fridge will make this easier.
- Defrost the fridge regularly.
- Never overload your fridge. They work best when air can circulate around the food.
- Never leave the fridge door open longer than necessary.
- Wash fridges down with hot soapy water followed by a disinfectant cleaner. Rinse and allow to dry before replacing the food.
- It is recommended that freezers operate at or below -18°C and should be defrosted on a regular basis.
- Keep all stored food covered to stop it being contaminated and to prevent insects and other pests getting in.
- Regularly clean out food cupboards as spillages can harbour germs.
- Clean and disinfect bread-bins regularly to help prevent mould growth.



Fridges only slow down the growth of harmful bacteria - **they do not kill them!**



## Preparing Food



- Always wash your hands thoroughly before preparing food. An anti-bacterial soap is recommended.
- Regularly clean and disinfect work surfaces and equipment. A food safe disinfectant cleaner will help kill germs and prevent cross contamination, check the label (is it safe for use on highchairs).
- Clean work surfaces and spillages as you go.
- Prepare raw and ready-to-eat foods separately.
- Wherever possible use different chopping boards and knives to keep raw foods such as meat and poultry separate from ready-to-eat foods. If this is not possible they should be cleaned and disinfected between uses.
- Thoroughly defrost meat, poultry and fish before cooking.
- Keep pets out of the kitchen - they can carry disease.
- Do not use foods after their 'use by' date.
- Ensure that Parents who supply food to be cooked for their children provide it in a lidded container, transported in a cool bag with ice-pack.

## Cooking Food

- Make sure food is cooked thoroughly until it is piping hot right through to the middle. Burgers, sausages, etc. should be cooked until the juices run clear and there are no pink bits inside.
- Always follow cooking instructions on packaging carefully.
- Never dip your fingers in food to taste. Always use a clean spoon.



## General Advice

- Food which is to be eaten cold should be cooled as quickly as possible after cooking and always within 90 minutes maximum, then refrigerate until used. Never put hot foods straight into the fridge.
- Never "warm up" left-overs. It is best not to use them at all. If you do, make sure they are piping hot right through to the middle. Never heat up leftovers more than once.
- Never serve food containing raw eggs, e.g. home-made mayonnaise.
- Dish cloths can carry millions of germs which can then be spread around the kitchen when the cloth is used. Freshly laundered cloths or disposable cloths should be used on a daily basis. Consider using kitchen towels to wipe down work surfaces after applying anti-bacterial spray
- Always wash your hands before preparing food, after handling pets and visiting the toilet.
- Never dry your hands on tea towels - use separate hand towels.
- Cuts and burns should be covered with waterproof dressings.
- Raw vegetables and meat both carry harmful germs and both are often cleaned and prepared in and around the sink. It is therefore important that the sink and surrounding area are cleaned regularly with disinfectant.



## Food Allergy and Intolerance

- Food allergy and food intolerance are both types of food sensitivity. When someone has a food allergy, their immune system reacts to a particular food as if it isn't safe. If someone has a severe food allergy, this can cause a life-threatening reaction.
- Food intolerance doesn't involve the immune system and is generally not life-threatening. But if someone eats a food they are intolerant to, this could make them feel ill or affect their long-term health.
- In theory, any food can cause a food allergy. But in fact just a handful of foods are to blame for 90% of allergic reactions to food in the UK. These foods are known as the 'big eight'. They are: milk, eggs, peanuts (groundnuts or monkey nuts), nuts (including brazil nuts, hazelnuts, almonds and walnuts), fish, shellfish (including mussels, crab and shrimps), soya and wheat.
- In children, the most common allergic reactions to food are to milk, peanuts, nuts, eggs, soya and wheat. Usually children grow out of most types of food allergy in early childhood. In adults, most allergic reactions are to peanuts, nuts, fish, shellfish and wheat.
- It is essential to look carefully at the label on any pre-packed food you buy if you have a food allergy or intolerance yourself, or if you are buying food for someone who does. Even if you have bought the product before, you should still check the label. The recipe might have changed.
- As well as the ingredients list, many food products have a statement or an allergy advice box on the label saying they contain a certain food, for example nuts, milk or eggs. Some manufacturers use symbols to show this.
- Please be aware that children can be susceptible to additional allergies which may not be included in this list. Always check with the parent about any allergic reactions.



## Infection Control

Food poisoning and other infectious illnesses can take many forms and be caused by several different kinds of germs. It is vital that if you, or any of the children you are responsible for, develop food poisoning-like symptoms you know what action to take.

**Food poisoning symptoms include: diarrhea, vomiting, stomach cramps, fever, nausea and headaches.**

### When children are ill:

- Seek medical advice - this is particularly important in the case of young children.
- Sick children should be kept at home until a 48 hour period has past during which they have been symptom free.
- Clean and disinfect toilet accidents on floors and other hard surfaces.
- Wash hands thoroughly after taking children to the toilet and after changing nappies.
- Toilets and potties should be disinfected after use.
- Wear disposable gloves when cleaning up and place used paper towels etc. into a disposable bag.



### When you are ill:

- Do not try to look after children if you are ill with the symptoms outlined above.
- Do not prepare food until at least 48 hours after the symptoms have stopped.

**If you are in any doubt seek medical advice or contact your local Environmental Health Department. Contact details are listed on page 7.**

## Training



The law requires that food handlers receive supervision, instruction and/or training to a level which is suitable for the job they do.

You must, at the very least, be aware, and understand the principles of food hygiene and the safe handling of food. Information leaflets from your local Council may help you gain the required knowledge.

Many childminders have found attending short basic food hygiene courses run by local Councils, education establishments and private training companies have helped them get a clearer understanding of safe food handling practices. Such courses have the added advantage of giving you the opportunity to ask questions on things you are not sure about. You will also receive a certificate on successful completion of the course.

## Feedback

If you are unhappy, for any reason, with the service provided please do not hesitate to contact your local Environmental Health Service at the address below.



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Any suggestions you might have on how our service could be improved would also be gratefully received.