

03 Food Safety and Nutrition Procedures

03.3 Milk & Baby Food Preparation and Storage

Our Approach

We work closely with parents to ensure that every baby's feeding routine is safe, hygienic and personalised. We follow NHS, Food Standards Agency and Early Years guidance at all times.

What Parents Need to Provide

Formula milk

Parents may provide:

- A new, unopened tin of formula OR
- Pre-measured formula portions in a sterilised, labelled container.

Please also provide:

- Sterilised, empty bottles for staff to prepare feeds safely in the nursery.

Breast milk

- Must be sent in sterilised, clearly labelled bottles
- Should be transported in a cool bag
- Is stored in our fridge on arrival
- Is always used on the same day

Important: No Nut Products

Parents must not bring in any food that contains nuts.
Staff also check all packets to make sure they are nut-free.

Weaning Cereals & Foods

If your child is still being weaned:

- Any cereals or packaged foods sent in must be unopened, in-date and labelled

- Home weaning foods must be provided until your child is eating the full nursery menu
- Please see our Weaning Procedure for full details
- We also keep packaged baby cereals in airtight containers to stay fresh

We work gently and gradually with you during weaning.

Children will only be given foods they have already tried successfully at home.

Parents update a weaning list, including allergens, which we follow at all times. This list will be given to you at the initial stay and play session and we ask that you update it whenever you try new foods.

Important NHS Guidance (Food Standards Agency)

Parents are advised not to give rice drinks to children aged 1 to 4½ years as a milk substitute.

If your child has a milk intolerance, please speak to your health visitor for safe alternatives and we can also provide alternatives at nursery such as oat milk or coconut milk.

How We Prepare Bottles & Baby Food in the Setting

To keep babies safe:

Hygiene

- Staff wash hands before entering the milk kitchen
- Only key persons/ other adults working within the room on a regular basis prepare baby feeds
- Students or other staff are always supervised

Formula preparation

- Water is boiled fresh and allowed to cool for no more than 30 minutes
- Previously boiled water is never re-boiled
- Bottles are cooled under cold running water
- Temperature is checked on the inside of the wrist
 - Should feel warm or cool, never hot

Weaning foods

- Foods are prepared using sterilised cutlery, bowls and cups (under 1 year)
- Raw fruit/veg are washed, peeled and cut into safe to eat sizes.

- All allergen-containing foods (e.g., cheese, bread, biscuits) are listed on menus

Water for drinking

- Babies over 6 months can drink unboiled tap water.

Weaning in the Nursery

We introduce food slowly and gently, working in partnership with parents/carers.

- Every baby's weaning pace is unique
- No assumptions are made based on age
- Parents and staff work together to discuss textures, readiness and new foods
- Children are usually fully weaned by around age 1 (if appropriate for the child)

Storage & Safety

- Breast milk feeds are stored in the fridge
- Breast milk are used within the same day
- Formula bottles are made fresh and ready for when the child needs it.
- All foods are handled according to Food Standards Agency and NHS guidance
- Sterilised feeding items are kept separate from other equipment

Further NHS Guidance

Bottle Feeding

How to safely make up bottles in advance:

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

Breast Milk Storage

NHS guidance for storing breast milk safely:

www.nhs.uk/start4life/baby/feeding-your-baby/breastfeeding/expressing-your-breast-milk/storing-breast-milk/