

Food safety guidelines

In Frederiksbjerg Day Care District, Aarhus

Based on the following documents

- Børn og unge: "Mad og måltider"
- Environment and Food Ministries: "Alt om kost"
- The Health Authority's recommendations on child safety
- The Health Authority's recommendations for the Danish day care diet



In practice this means

- We always slice grapes, blueberries and olives in half lengthwise, in order to prevent choking. We remove the seeds from grapes, as they can cause a lung infection if accidentally inhaled.
- We cook or grate carrots prior to serving. We cook or steam cauliflower and broccoli.
- We only serve soft fruit. We are not permitted to serve raw apples and pears, unless grated. However, we can serve apples and pears, if they are cooked or added to baked goods.
- We do not serve popcorn or peanuts. They can easily enter the lungs if they are inhaled.
- All nuts and seeds must be finely chopped.
- All other fruit and vegetables not mentioned above, will be evaluated on a situational basis. For example, we might not serve plums and melons that are harder than usual. This is also the case with bread crust, that we sometimes need to remove.
- We can serve fresh vegetables that are soft. This includes, for example, peas, corn, tomatoes sliced in small pieces, cucumber and avocado.

The above guidelines are for day care children (aged 0-3), but we also pay special attention to newly started kindergarten children, where the above may still be relevant. We must at all times be able to assess when a child is developmentally ready to consume harder foods.

The guidelines must also be followed at private birthdays, where the day care has been invited to a child's home. This is also the case with events hosted in the day care, where parents have brought food to share with others.

Meal-time culture

Children who are eating, must remain seated at the table, until they no longer have food in their mouth. If a meal is served while seated on the floor/ground, the same rule applies.

We are aware of allergic reactions and react accordingly. If there are certain foods that a child is allergic to, we must receive a written declaration from his or her doctor.

Sharing of knowledge with new employees

The guidelines for Food Safety must be included in the welcome folder for new employees. The pedagogues in each group have responsibility for formulating the guideline to new employees.

New knowledge

The kitchen manager receives new knowledge at the "Børn og Unge" meetings and shares it with the entire kitchen staff and the pedagogical leader. The kitchen manager is responsible for updating the guidelines.

Institutions with their own kitchen manager also have a food responsible pedagogue. The kitchen manager is responsible for sharing knowledge with the employees, while the food responsible pedagogue should share any new knowledge with the department's pedagogical leader.