



FOOD HYGIENE AND PROVISION POLICY

At Wibli Wobli Nursery we recognise the importance of food hygiene and are committed to ensuring that safe and healthy practices around the storage, preparation and service of food are maintained throughout the setting.

We are registered as a food business at each site and are inspected regularly to ensure health and hygiene standards are being met. Search here: <https://ratings.food.gov.uk/>.

Food Preparation

The setting has set high standards of personal hygiene for all members of staff involved in the handling and preparation of food. Any person showing signs of ill health will not be permitted to handle food.

When preparing food, staff (kitchen or general) will observe current legislation regarding food hygiene and will observe the following:

- Always washing hands with anti-bacterial soap and hot water before and after handling food, using the toilet or changing nappies
- Using clean, disposable cloths
- Ensuring the use of the correct colour coded chopping boards (e.g. red for raw met etc.)
- Not being involved in food preparation if they are unwell
- Wearing correct sterile clothing- hair net, apron, closed toe shoes etc
- Holding a current Food Hygiene certificate
- Making sure all fruit and vegetables are washed before being served
- Avoid wearing jewellery, especially rings, watches and bracelets
- Any cuts, spots or sores on the hands and arms must be covered completely with a waterproof dressing
- Fingernails should be kept short and clean, food handlers, including children should not wear nail varnish as this may contaminate food

Temperature control

It is our policy to ensure that any and all foods are stored according to safe food handling practices and at the correct temperature in order to prevent the growth and multiplication of food poisoning organisms, to reduce the rate of food spoilage and to ensure that food quality is maintained.

Fridge and freezer temperatures are checked and recorded on a daily basis to ensure the correct temperature is being upheld. All chilled and frozen food deliveries will have their temperatures checked and recorded on arrival to ensure fridge and freezer items are within safe temperature limits before being accepted and stored appropriately.

Cleaning of Food Preparation areas

Every week the fridge is thoroughly cleaned and all items in the fridge are checked for freshness, and all food past their use by or best before date are correctly disposed of.



- Shelves and drawers are removed and cleaned with warm soapy water
- The inside walls are cleaned from top to bottom with anti-bacterial cleaner
- The seals around the fridge are cleaned to ensure no spillages or stains
- Freezers are defrosted (on non-frost-free) and cleaned once a month following the same procedure.

All food preparation surfaces are wiped clean after use with anti-bacterial cleaner and disposable cloths. All chopping boards are cleaned after use with warm soapy water, anti-bacterial cleaner and then thoroughly rinsed.

The nursery manager will ensure that appropriate controls are in place to prevent cross contamination and that these controls are documented accordingly.

Allergies

The nursery caters for children's specific dietary needs that may include allergies or food intolerances, or because of religious, cultural or ethical reasons. Staff are made aware of children's specialist requirements through individual care plans and other information provided by parents.

To help us manage the risks associated with food allergies or intolerance the nursery has the following in place:

- Pre-entry information from parents
- Induction information from staff
- Food allergen risk assessment
- Excellent food hygiene practises (we aim to achieve a 5* rating at all times)
- Written procedures for children with food related conditions
- Place mats with child's name and food restrictions
- Coloured allergy plates and cups
- Toothpick flags labelled for allergy, dietary, preference, cultural

To safeguard children, staff and visitors with allergies or potential allergies, food that is not sealed, including packed lunches, is not to be permitted or consumed on nursery premises where care is provided. The nursery will cater for all allergies and dietary requirements and will work with parents and guardians to ensure that snacks and meals are provided for them in accordance with their needs.

No birthday cakes or home-prepared foods are permitted, in order to support food safety procedures, minimise the risk of allergic reactions, and align with the Healthy Snack Award Wales guidance on promoting healthy eating and reducing sugar intake; however, birthdays are still celebrated in an inclusive way through non-food treats and activities.

All children will be provided with nursery snacks and meals served on site. For funded children, this is included in our consumables charge. Parents or guardians of funded children who opt out of the consumables charges will need to collect their child for all snack and meal times in order to provide food for their child off nursery premises during these times.



Safe preparation of food for children

Food	Choking Hazard		Method of preparation
	Cylindrical	Spherical	
Sausages	x		Only skinless or sausage meat to be used. Cylindrical foods should be cut length ways first and then sliced creating semi-circular pieces.
Carrots	x		
Bananas	x		
Grapes		x	Spherical foods should be sliced into half then sliced again into quarters/segments.
Tomatoes		x	
Oranges	<ul style="list-style-type: none"> ● Remove all peel and 'stringy bits' ● Ensure each segment is pip free ● Cut each segment into smaller 1/3s. This prevents choking on large bits or skin 		
Apples	<ul style="list-style-type: none"> ● Ensure core and pip free ● Ensure sliced ½ then ½ again continue to ½ each segment until finely cut into thin segments ● Peel skin for younger children and anyone else for whom it may be appropriate 		

Safe preparation of food for babies

ALWAYS CHECK THE FOLLOWING :

- Should their meals be blended?
- When should lumps be introduced? (How big are the lumps?)
- Has the parent introduced significant changes such as Lumps at home first and how did the child respond to the change?

Things to remember when feeding a baby.

- Baby's should always sit up while eating *and be supervised*
- Do not hurry the child when eating—allow plenty of time for meals
- Only put a small amount of food on the tray at a time
- Avoid round, firm foods and large chunks (whole grapes, apple) (*see chart above*)
- Cylindrical foods should be to cut lengthwise. (*see chart above*)
- Avoid stringy foods like string beans and celery
- Avoid commercial white bread products—they can form pasty globs in your baby's mouth
- Offer only a few pieces of food at a time
- Cut meat and poultry across the grain, and into tiny fingertip-sized pieces

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- Food pieces should be no larger than one-half inch in any direction. If in doubt, cut food into smaller pieces

Food provision policy

At Wibli Wobli Nursery we believe that nutritious food and drink are essential for children’s wellbeing. Fresh water and fruit is accessible for children (other than babies) at all times. Fresh water and/or milk is served and accessible at all meal and snack times.

During meal and snack times, we will always encourage children to gain an understanding of how food and water is an essential part of growing big and strong. Our aim is to meet the dietary and cultural requirements to promote children’s healthy growth and development.

We will ensure that all meals and snacks are nutritious, healthy and balanced. Children’s medical and personal dietary requirements are always known and respected (Parents/carers are required to provide details when their child is enrolled into the nursery).

Multicultural diet is always offered, to make sure those children from all backgrounds encounter familiar tastes and that all children have the opportunity also to try new food. Dietary rules of religious groups, vegetarians/vegans are known and met in an appropriate way, making sure that they are always respected and valued within the setting.

We want children to be excited about food and see food and nutrition as an opportunity for children to learn about the benefits of food and culture. Where possible and appropriate, children are involved in the growing, cooking, preparation and serving of food from all around the world and in the planning of recipes and menus.

Outdoor areas

All food preparation, handling, and consumption in outdoor areas must meet the same standards as indoors. Staff and children must wash their hands thoroughly before eating, or use child-safe hand sanitiser if running water is unavailable.

Food should be transported in clean, sealed containers, and perishable items must be kept at safe temperatures. Plates, utensils, and cups must be clean, and children should eat on clean services such as a properly placed mat which is wiped down or checked for cleanliness before use. Food should not be left exposed to the elements for long periods.

Allergy and dietary requirements must be strictly observed, and children must be supervised at all times while eating. Food waste should be disposed of safely, and outdoor areas should be kept clean to prevent pests.

This policy was adopted on	Signed on behalf of the nursery	Date for review
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22/04/2026	L.George	April 2027
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POLISI HYLENDID A DARPARU BWYD

Ym Meithrinfa Wibli Wobli rydym yn cydnabod pwysigrwydd hylendid bwyd ac wedi ymrwymo i sicrhau bod arferion diogel ac iach o ran storio, paratoi a gweini bwyd yn cael eu cynnal ledled y lleoliad.

Rydym wedi'n cofrestru fel busnes bwyd ym mhob safle ac yn cael ein harchwilio'n rheolaidd i sicrhau bod safonau iechyd a hylendid yn cael eu bodloni. Chwiliwch yma: <https://ratings.food.gov.uk/>.

Paratoi Bwyd

Mae'r lleoliad wedi gosod safonau uchel o hylendid personol ar gyfer pob aelod o staff sy'n ymwneud â thrin a pharatoi bwyd. Ni chaniateir i unrhyw berson sy'n dangos arwyddion o afiechyd drin bwyd.

Wrth baratoi bwyd, bydd staff (y gegin neu staff cyffredinol) yn dilyn y ddeddfwriaeth gyfredol ynghylch hylendid bwyd a byddant yn dilyn y canlynol:

- Golchi dwylo bob amser gyda sebon gwrthfacteria a dŵr poeth cyn ac ar ôl trin bwyd, defnyddio'r toiled neu newid clytiau
- Defnyddio lliain glân, tafladwy
- Sicrhau defnyddio'r byrddau torri lliw cywir (e.e. coch ar gyfer cig amrwd ac ati)
- Peidio â bod yn rhan o baratoi bwyd os ydynt yn sâl
- Gwisgo dillad di-haint cywir - rhwyd wallt, ffedog, esgidiau â bysedd traed caeedig ac ati
- Dal tystysgrif Hylendid Bwyd gyfredol
- Sicrhau bod yr holl ffrwythau a llysiau'n cael eu golchi cyn eu gweini
- Osgoi gwisgo gemwaith, yn enwedig modrwyau, oriorau a breichledau
- Rhaid gorchuddio unrhyw doriadau, smotiau neu friwiau ar y dwylo a'r breichiau'n llwyr â rhwymyn gwrth-ddŵr
- Dylid cadw ewinedd bysedd yn fyr ac yn lân, ni ddylai trinwyr bwyd, gan gynnwys plant, wisgo farnais ewinedd gan y gallai hyn halogi bwyd

Rheoli tymheredd

Ein polisi yw sicrhau bod unrhyw fwydydd yn cael eu storio yn unol ag arferion trin bwyd diogel ac ar y tymheredd cywir er mwyn atal twf a lluosogi organebau gwenwyn bwyd, i lleihau cyfradd dirywiad bwyd a sicrhau bod ansawdd bwyd yn cael ei gynnal.

Mae tymheredd yr oergell a'r rhewgell yn cael ei wirio a'i gofnodi bob dydd i sicrhau bod y tymheredd cywir yn cael ei gynnal. Bydd tymheredd pob danfoniad bwyd wedi'i oeri a'i rewi yn cael ei wirio a'i gofnodi wrth gyrraedd i sicrhau bod eitemau'r oergell a'r rhewgell o fewn terfynau tymheredd diogel cyn cael eu derbyn a'u storio'n briodol.

Glanhau Mannau Paratoi Bwyd

Bob wythnos caiff yr oergell ei glanhau'n drylwyr a chaiff pob eitem yn yr oergell ei gwirio am ffresni, a chaiff yr holl fwyd sydd wedi mynd heibio ei ddyddiad defnyddio erbyn neu orau cyn ei waredu'n gywir.

- Caiff silffoedd a droriau eu tynnu a'u glanhau â dŵr sebonllyd cynnes

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- Caiff y waliau mewnol eu glanhau o'r top i'r gwaelod gyda glanhawr gwrthfacteria
- Caiff y seliau o amgylch yr oergell eu glanhau i sicrhau nad oes unrhyw ollyngiadau na staeniau
- Caiff rhewgelloedd eu dadmer (ar rai nad ydynt yn rhydd o rew) a'u glanhau unwaith y mis gan ddilyn yr un weithdrefn.

Cafodd pob arwyneb paratoi bwyd ei sychu'n lân ar ôl ei ddefnyddio gyda glanhawr gwrthfacteria a lliain tafladwy. Caiff pob bwrdd torri ei lanhau ar ôl ei ddefnyddio gyda dŵr sebonllyd cynnes, glanhawr gwrthfacteria ac yna ei rinsio'n drylwyr.

Bydd rheolwr y feithrinfa yn sicrhau bod rheolaethau priodol ar waith i atal croeshalugi a bod y rheolaethau hyn yn cael eu dogfennu yn unol â hynny.

Alergeddau

Mae'r feithrinfa'n darparu ar gyfer anghenion dietegol penodol plant a all gynnwys alergeddau neu anoddefiadau bwyd, neu oherwydd rhesymau crefyddol, diwylliannol neu foesegol. Caiff staff eu hysbysu o ofynion arbenigol plant trwy gynlluniau gofal unigol a gwybodaeth arall a ddarperir gan rieni.

Er mwyn ein helpu i reoli'r risgiau sy'n gysylltiedig ag alergeddau neu anoddefiad bwyd, mae gan y feithrinfa'r canlynol ar waith:

- Gwybodaeth cyn mynediad gan rieni
- Gwybodaeth sefydlu gan staff
- Asesiad risg alergenau bwyd
- Arferion hylendid bwyd rhagorol (ein nod yw cyflawni sgôr 5* bob amser)
- Gweithdrefnau ysgrifenedig ar gyfer plant â chyflyrau sy'n gysylltiedig â bwyd
- Matiau lle gydag enw'r plentyn a chyfyngiadau bwyd
- Platau a chwpanau alergedd lliw
- Baneri pigyn dannedd wedi'u labelu ar gyfer alergedd, dietegol, dewis, diwylliannol

Er mwyn diogelu plant, staff ac ymwelwyr ag alergeddau neu alergeddau posibl, ni ddylid caniatáu na bwyta bwyd nad yw wedi'i selio, gan gynnwys ciniawau wedi'u pecynnu, ar safle'r feithrinfa lle darperir gofal. Bydd y feithrinfa'n darparu ar gyfer pob alergedd a gofynion dietegol a bydd yn gweithio gyda rhieni a gwarcheidwaid i sicrhau bod byrbrydau a phrydau bwyd yn cael eu darparu iddynt yn unol â'u hanghenion.

Ni chaniateir cacennau pen-blwydd na bwydydd cartref, er mwyn cefnogi gweithdrefnau diogelwch bwyd, lleihau'r risg o adweithiau alergaidd, a chyd-fynd â chanllawiau Gwobr Byrbrydau Iach Cymru ar hyrwyddo bwyta'n iach a lleihau cymeriant siwgr; fodd bynnag, mae penblwyddi yn dal i gael eu dathlu mewn ffordd gynhwysol trwy ddanteithion a gweithgareddau nad ydynt yn fwyd.

Bydd byrbrydau a phrydau bwyd y feithrinfa yn cael eu gweini ar y safle i bob plentyn. I blant a ariennir, mae hyn wedi'i gynnwys yn ein tâl nwyddau traul. Bydd angen i rieni neu warcheidwaid plant a ariennir

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sy'n dewis peidio â thalu'r taliadau nwyddau traul gasglu eu plentyn ar gyfer pob amser byrbryd a phryd bwyd er mwyn darparu bwyd i'w plentyn oddi ar safle'r feithrinfa yn ystod yr amseroedd hyn.

Paratoi bwyd yn ddiogel i blant

Bwyd	Perygl Tagu		Dull paratoi
	Silindrog	Sfferig	
Selsig	x		Dim ond cig di-groen neu gig selsig i'w ddefnyddio. Dylid torri bwydydd silindrog ar eu hyd yn gyntaf ac yna eu sleisio gan greu darnau lled-gylchol.
Moron	x		
Bananas	x		
Granwin		x	Dylid sleisio bwydydd sfferig yn eu hanner ac yna eu sleisio eto yn chwarteri/segmentau.
Tomatos		x	
Orennau	<ul style="list-style-type: none"> Tynnwch yr holl groen a 'darnau llinynnol' Gwnewch yn siŵr bod pob segment yn rhydd o hadau Torrwch bob segment yn 1/3 llai. Mae hyn yn atal tagu ar ddarnau mawr neu groen 		
Afalau	<ul style="list-style-type: none"> Sicrhewch fod y craidd a'r hadau yn rhydd Gwnewch yn siŵr eich bod wedi'u sleisio ½ yna ½ eto, parhewch i ½ pob segment nes eu bod wedi'u torri'n fân yn segmentau tenau Piliwch y croen ar gyfer plant iau ac unrhyw un arall y gallai fod yn briodol iddynt 		

Paratoi bwyd yn ddiogel i fabanod

GWIRIWCH Y CANLYNOL BOB AMSER:

- A ddylid cymysgu eu prydau bwyd?
- Pryd y dylid cyflwyno lymphiau? (Pa mor fawr yw'r lymphiau?)
- A yw'r rhiant wedi cyflwyno newidiadau sylweddol fel lymphiau gartref yn gyntaf a sut ymatebodd y plentyn i'r newid?

Pethau i'w cofio wrth fwydo babi.

- Dylai babanod eistedd i fyny bob amser wrth fwyta a chael eu goruchwyllo
- Peidiwch â rhuthro'r plentyn wrth fwyta—caniatewch ddigon o amser ar gyfer prydau bwyd
- Dim ond rhoi ychydig bach o fwyd ar y hambwrdd ar y tro
- Osgowch fwydydd crwn, cadarn a darnau mawr (grawnwin cyfan, afal) (gweler y siart uchod)
- Dylai bwydydd silindrog gael eu torri'n hydredol. (gweler y siart uchod)



- Osgowch fwydydd llinynnog fel ffa llinyn a seleri
- Osgowch gynhyrchion bara gwyn masnachol—gallant ffurfio globiau pasteiod yng ngheg eich babi
- Cynigiwch ychydig o ddarnau o fwyd ar y tro yn unig
- Torrwch gig a dofednod ar draws y grawn, ac yn ddarnau bach maint blaen bysedd
- Ni ddylai darnau bwyd fod yn fwy na hanner modfedd i unrhyw gyfeiriad. Os oes gennych unrhyw amheuaeth, torrwch fwyd yn ddarnau llai

Polisi darparu bwyd

Yn Meithrinfa Wibli Wobli rydym yn credu bod bwyd a diod maethlon yn hanfodol ar gyfer lles plant. Mae dŵr ffres a ffrwythau ar gael i blant (ac eithrio babanod) bob amser. Gweinir dŵr ffres a/neu laeth ac maent ar gael ym mhob amser pryd bwyd a byrbryd.

Yn ystod amseroedd pryd bwyd a byrbryd, byddwn bob amser yn annog plant i ennill dealltwriaeth o sut mae bwyd a dŵr yn rhan hanfodol o dyfu'n fawr ac yn gryf. Ein nod yw bodloni'r gofynion dietegol a diwylliannol i hyrwyddo twf a datblygiad iach plant.

Byddwn yn sicrhau bod pob pryd bwyd a byrbryd yn faethlon, yn iach ac yn gytbwys. Mae gofynion dietegol meddygol a phersonol plant bob amser yn hysbys ac yn cael eu parchu (Mae'n ofynnol i rieni/gofalwyr ddarparu manylion pan fydd eu plentyn yn cael ei gofrestru yn y feithrinfa).

Cynigir diet amlddiwylliannol bob amser, er mwyn sicrhau bod y plant hynny o bob cefndir yn dod ar draws blasau cyfarwydd a bod pob plentyn yn cael y cyfle hefyd i roi cynnig ar fwyd newydd. Mae rheolau dietegol grwpiau crefyddol, llysieuwyr/feganiaid yn hysbys ac yn cael eu bodloni mewn ffordd briodol, gan sicrhau eu bod bob amser yn cael eu parchu a'u gwerthfawrogi yn y lleoliad.

Rydym am i blant fod yn gyffrous am fwyd a gweld bwyd a maeth fel cyfle i blant ddysgu am fanteision bwyd a diwylliant. Lle bo'n bosibl ac yn briodol, mae plant yn cymryd rhan mewn tyfu, coginio, paratoi a gwini bwyd o bob cwr o'r byd ac wrth gynllunio ryseitiau a bwydlenni.

Mannau awyr agored

Rhaid i bob paratoi, trin a bwyta bwyd mewn mannau awyr agored fodloni'r un safonau â dan do. Rhaid i staff a phlant olchi eu dwylo'n drylwyr cyn bwyta, neu ddefnyddio diheintydd dwylo sy'n ddiogel i blant os nad oes dŵr rhedegog ar gael.

Dylid cludo bwyd mewn cynwysyddion glân, wedi'u selio, a rhaid cadw eitemau darvoudus ar dymheredd diogel. Rhaid i blatiau, cyllyll a ffyrc a chwpanau fod yn lân, a dylai plant fwyta ar lestri glân fel mat wedi'i osod yn iawn sy'n cael ei sychu neu ei wirio am lendid cyn ei ddefnyddio. Ni ddylid gadael bwyd yn agored i'r elfennau am gyfnodau hir.

Rhaid dilyn gofynion alergedd a dietegol yn llym, a rhaid goruchwylio plant bob amser wrth fwyta. Dylid cael gwared ar wastraff bwyd yn ddiogel, a dylid cadw mannau awyr agored yn lân i atal plâu.



Mabwysiadwyd y polisi hwn ar	Llofnodwyd ar ran y feithrinfa	Dyddiad adolygiad nesaf
22/04/2026	L.George	Ebrill 2027