

Infant Bottle Safety & Preparation Policy

Children are more susceptible to food borne illnesses making it necessary for education and care services to implement adequate health and hygiene practices. Safe practices for handling, storing, preparing and heating breast milk and formula must be employed to minimise risks to children being educated and cared for by the service

National Quality Standards (NQS)

Quality Area 2: Children's Health and Safety	
2.1.3	Effective hygiene practices are promoted and implemented
2.1.4	Steps are taken to control the spread of infectious diseases and to manage injuries and illness, in accordance with recognised guidelines.
2.2.1	Healthy eating is promoted and food and drinks provided by the service are nutritious and appropriate for each child.

Education and Care Services National Regulations

Children (Education and Care Services) National Law NSW	
77	Health, hygiene and safe food practices
78	Food and beverages
168	Education and care services must have policies and procedures

PURPOSE

To ensure our service maintains a hygienic premises for all infants requiring bottle. Educators will certify that bottles are prepared safely and hygienically and that practices meet Work Health and Safety Standards, and current Food Safety Standards. We encourage all educators to complete professional development in safe food handling and menu planning to increase knowledge and awareness of individual responsibilities

SCOPE

This policy applies to children, families, staff, management and visitors of the service.

IMPLEMENTATION

To ensure that all children requiring bottles have them prepared safely and hygienically, Educators will ensure that they adhere to service policies and procedures at all times in order to maintain children's health and safety.

Management will ensure:

- That the Nominated Supervisor and educators are aware of the procedures for preparing, heating and storing bottles of formula and breast milk.
- That children have access to safe drinking water at all times and are regularly offered food and beverages appropriate to their individual needs
- Procedures for the safe storage and heating of food provided in bottles is developed.

A Nominated Supervisor/ Certified Supervisor will:

- Ensure that educators implement the procedures for preparing, heating and storing bottles of formula and breast milk.
- Adhere to the procedure for the safe storage and heating of food provided in bottles.

Educators will:

- Implement safe food handling practices.
- Seek to provide a supportive environment for breastfeeding.

- Store all bottles in an appropriate area for food preparation and storage that complies with the food safety standards for kitchens and food preparation areas.
- Adhere to the procedure for the safe storage and heating of food provided in bottles.

Families will:

- Be informed during orientation that children's bottles must be clearly labelled with the child's name.
- Label bottles containing breast milk or formula with the date of preparation or expression.
- Be encouraged to supply breast milk in well labelled, multiple small quantities to prevent wastage.
- Be encouraged to keep formula powder at the service so that the formula can be prepared as required. Tins of formula must be clearly labelled with the child's name.
- Be asked to provide a labelled bottle(s) for use at the service for children having regular cow's milk in their bottles,
- Be encouraged to communicate regularly with educators about children's bottle and feeding requirements.

Storing bottles

Formula or breast milk needs to be kept refrigerated or frozen. Keep a non-mercury thermometer in your fridge so that you can check that the temperature is below 5°C. All bottles need to be labelled with the child's name and the date the bottle was prepared or brought in by the parent.

It is best to make up fresh formula for each feed and give it to the child as soon as it has cooled. If this is not possible, the freshly made formula should be cooled immediately and stored in the back of the refrigerator (where it is coldest) for no more than 24 hours. Throw away any formula that is left over. Do not freeze or reheat leftover made-up formula.

Breast milk can be stored in several ways, which include:

1. Refrigerated for not more than 48 hours at 4°C or lower (4°C is the typical temperature of a standard fridge). Store breast milk at the back of the refrigerator, not in the door.
2. Frozen in a separate freezer section of a refrigerator for up to 3 months; if your freezer is a compartment inside the refrigerator, rather than a separate section with its own door, then only store the breast milk for 2 weeks. Frozen in a deep freeze (-18 °C or lower) for 6-12 months.

Frozen breast milk can be thawed:

1. In the refrigerator and used within 24 hours.
2. Standing the bottle in a container of lukewarm water and use straight away.

Warming bottles

1. Recently introduced Electric Bottles warmers are now available in the Infants Room
2. Please make sure that you follow the heating instructions provided with the Bottle Warmers.

Source

- Australian Children's Education & Care Quality Authority. (2014)
- Guide to the Education and Care Services National Law and the Education and Care Services National Regulations, 2015.
- ECA Code of Ethics.
- NSW Food Authority – www.foodauthority.nsw.gov.au • Food Standards Australia – www.foodstandards.gov.au • National Health and Medical Research Council – www.nhmrc.gov.au • NSW Department of Health – www.health.nsw.gov.au • Australian Breastfeeding Association www.breastfeeding.asn.au • Mothers Direct - www.mothersdirect.com.

- Staying Healthy in Child Care – Preventing Infectious Diseases in Child Care - 5th Edition (2005)
- Safe Food Australia, 2nd Edition. January 2001
- Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood
- Infant Feeding Guidelines 2012

Review

Policy Reviewed	Modifications	Next Review Date
February 2019	Minor terminology changes made.	February 2020
June 2019	Bottle warmers provided in Infants Rooms	February 2020