



## Safeguarding children

### 1.16.2 Food allergy and intolerance: policy and procedures

#### Policy statement

Food allergies and intolerances are becoming more common among young children. Allergic reactions can range from mild skin rashes to severe, life-threatening conditions, so we have comprehensive policies and procedures in place to ensure children are not exposed to their allergen triggers while at nursery.

#### Procedures for children with allergies and intolerances

We are committed to meeting the individual dietary needs of all children in our care by adhering to the following procedure:

- Before a child starts with us their parents / carers are asked to specify their child's dietary needs on the Registration Form. If further clarification is needed on the degree of intolerance or allergic reaction that the child is susceptible to, the Key Person and/or Manager speaks to the parent.
- If the allergy is severe a Food Allergy Action Plan is written up. This is a detailed analysis of the allergic triggers and the care to be given in the event of an emergency. This plan is circulated to all staff and kept in the staff folder and the child's black folder (both of which are in the classroom).
- Following consultation with parents / carers, suitable menus will be arranged with Zebedees (and any other catering company we use) that meet the child's individual dietary needs.
- Information on all allergies / intolerances is added to our management system and printed out from there on the 'Allergy, special care information' form. This form is displayed **on the kitchen cupboards**. We also include a print out in the **staff folder** in the classroom and we pin a copy up in the Mini Monties area.
- The Manager ensures that all members of staff know about the child's individual needs and any special care that may be administered.



## Special diets

- In addition to the allergy and intolerance section on the Registration Form, we have a Special Dietary Needs Form. This is the place to record any dietary requirements that can't be captured on the Registration Form, or to tell us about a child's developing dietary needs as they grow.
- The full list of dietary meals that we can accommodate is as follows:
  - Beef-free
  - Celery-free
  - Citric acid and spices
  - Dairy-free
  - Egg-free
  - Fish-free
  - Fruit pudding only
  - Gluten-free
  - Halal
  - Pork-free
  - Pulses and beans-free
  - Soya-free
  - Sulphur dioxide-free
  - Tomato-free
  - Vegan
  - Vegetarian
- N.B. All food at nursery also takes into consideration the list of allergens specified by the EU Food Information for Consumers Regulation (please see list, below.) These allergens are not present in our food.

## Meals provided from home

- If a child's allergies mean that their dietary requirements cannot be met by the nursery and its suppliers, parents will be asked to bring in their child's food and drinks from home.
- To ensure that meals from home are a positive experience for all children at the nursery, the food must meet our healthy eating, health and safety, and allergy policies.
- Food at the nursery is nutritious and age appropriate. We do not serve crisps or chocolate biscuits, for example, and foods of this type should not be brought in from home.
- In terms of health and safety, parents must be mindful that food can be a choking hazard, particularly for younger children. All food should be chopped up, but parents should be particularly careful of foods such as grapes and tomatoes.

- The only foods that we do not allow in the nursery at any time are nuts. Nuts of any sort should not be brought in from home, whether that's on their own or when used as an ingredient.
- More broadly, parents preparing food at home should be aware of the allergens specified by the EU Food Information for Consumers Regulation. These do not have to be avoided when preparing food – nuts excepted – but we ask that if they are included in food from home that the staff are informed. The full allergens list is as follows:
  - celery
  - cereals containing gluten – including wheat (such as spelt, rye and barley)
  - crustaceans – such as prawns, crabs and lobsters
  - eggs
  - fish
  - lupin
  - milk
  - molluscs – such as mussels and oysters
  - mustard
  - tree nuts – including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts
  - peanuts
  - sesame seeds
  - soybeans
  - sulphur dioxide and sulphites (if they are at a concentration of more than ten parts per million)
- All parents at the nursery can take comfort from the fact that any meals from home eaten at nursery will be supervised by trained staff in the usual way, to ensure that the children eat safely and that cross contamination is prevented.
- Hot meals from home should be provided in an appropriate container that will keep the food at the correct temperature (i.e. served at 63 C or above – food can fall below this temperature, but after 2 hours it should be thrown away). Nursery staff will check that the food is not too hot using a food probe. Please note that food will not be reheated. (For more detailed advice on cooking and reheating, see the advice from 'Safer Food, Better Business' published by the Food Standards Agency.)
- Cold meals from home should be supplied in a cool bag with an ice block. Parents can not assume that the meal will be stored in the fridge.

### **Kitchen procedures**

- During the preparation of meals, nursery staff will check the child's individual dietary requirements against any foods used. They will ensure that the child is permitted to have the entire ingredients included in the meal.
- Nursery staff will ensure that food preparation for children with food allergies is kept separate from other food preparation areas to avoid cross contamination.
- If the child's menu has to be changed for any reason, kitchen staff will inform the classroom team of the changes to confirm that the alternative food provided is suitable.

### **Classroom procedures**

- Lunches are supplied by Zebedees and other reputable catering suppliers. Special dietary meals come in individual containers.
- Before giving the child their food nursery staff check the label on the food container to make sure that it is given to the correct child.
- Staff will ensure that a child with an allergy / intolerance does not come into contact with other children's food or drink when they are in nursery, particularly at snack and meal times.

### **This policy was updated and reviewed in:**

<b>Reviewed date</b>	<b>Name</b>	<b>Signature</b>
September 2015	Stuart Watt	
May 2016	Stuart Watt	
August 2016	Stuart Watt	
September 2016	Stuart Watt	
April 2017	Stuart Watt	
April 2018	Lindy Baldwin	
August 2018	Lindy Baldwin	
April 2019	Lindy Baldwin	
May 2019	Stuart Watt	
January 2020	Stuart Watt	
January 2021	Stuart Watt	
January 2022	Stuart Watt	
March 2023	Stuart Watt	