



Food Allergies and Intolerances Policy

At Walmer Bridge Day Nursery we are aware that children who attend our nursery and staff who work within our nursery may suffer from food allergies and intolerances. We acknowledge that all allergies must be taken seriously and every effort to minimise the risk of exposure must be made to prevent children/staff coming into contact with their allergens, which could trigger a reaction.

The government Food Standards Agency recognises 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found;

- **Celery.** This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.
- **Cereals containing gluten.** Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.
- **Crustaceans.** Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.
- **Eggs.** Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.
- **Lupin.** Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.
- **Milk.** Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.
- **Molluscs.** These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.
- **Mustard.** Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.
- **Nuts.** This ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.
- **Peanuts.** Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.
- **Sesame seeds.** These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.

- **Soya.** Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.
- **Sulphur dioxide (sometimes known as sulphites).** This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer.

Walmer Bridge Day Nursery is committed to creating a safe environment for the children in our care and the staff who work with us, however, we understand that it is impossible to create a complete 'allergen free' environment. Walmer Bridge Day Nursery will take all necessary action to prevent affected children/staff coming into contact with their allergen, however, cannot take responsibility for accidental contact/exposure, for example, during storage, heating processes and meal times.

To reduce the risk of coming into contact with allergens, Walmer Bridge Day Nursery provides alternate 'free from' meals and snacks for children with allergies and intolerances. These 'free from' foods are stored separately from allergens in the kitchen i.e. on a different shelf within cupboards/different shelf in the fridge. If parents prefer, they can opt to provide their child with a packed lunch containing their own food. Where this is applicable, staff at Walmer Bridge Day Nursery cannot take responsibility for the food contents within the packed lunch; it is the parents' responsibility to ensure that they are allergen-free. All staff who prepare and serve food at Walmer Bridge Day Nursery have completed food hygiene and allergy training.

When preparing and serving food for an allergy suffering child, we always;

- Wash our hands thoroughly, before and after.
- Use a separate area to prepare the food.
- Clean and disinfect the work surfaces, before and after.
- Use separate equipment and utensils.
- Check all ingredients.

When registering new children at Walmer Bridge Day Nursery, parents can request a copy of all food menus, including allergen information. During registration, parents should be asked if their child suffers from any known allergies or intolerances, which is recorded on their registration form and relevant new starter forms i.e. 'All About Me'. If a child does have an allergy, a copy of their medical allergy action plan should be provided by parents. An allergy care plan must be created and signed by the manager and the child's parent(s). Details of any allergies including child/staff name and allergy details should be displayed in the kitchen.

The allergy care plan must include the following information;

- The allergen.
- The nature of allergic reactions e.g. anaphylaxis, rash, swelling etc.
- What to do in case of an allergic reaction e.g. administer medication.
- Name(s) of medication (e.g. anti-histamines or adrenaline auto-injector) and its expiry date.
- Where the medication is stored.
- Control measures (e.g. supervision at mealtimes, own food) and risk assessment.

All staff members in the setting should familiarise themselves of children and staff who have allergies. Where severe allergic reactions are a risk i.e. anaphylaxis, staff should refrain from bringing allergens into the nursery setting to reduce the possibility of exposure e.g. nuts. Staff also need to be aware of symptoms of allergic reactions and the action to take in the

event of a child/staff having an allergic reaction, including details of any medication kept on site such as anti-histamines or adrenaline auto-injectors. All members of staff receive regularly allergy and first aid training. A minimum of 1 paediatric first aid qualified member of staff will be on site and available at all times, as per the statutory framework for early years. In the event of an allergic reaction in a child, parent(s) should be immediately contacted and notified. If the allergic reaction is serious i.e. life threatening anaphylaxis, an emergency ambulance should be requested by calling 999 and stating “anaphylaxis”. Parent(s) must be notified of this immediately.

Symptoms of an allergic reaction can include;

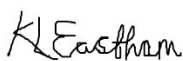
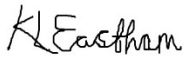

- Ear/Nose/Throat Symptoms: runny or blocked nose, itchy nose, sneezing, painful sinuses, headaches, loss of sense of smell/taste, sore throat/swollen larynx (voice box), itchy mouth and/or throat and blocked ears.
- Eye Symptoms: watery, itchy, prickly, red, swollen eyes.
- Airway Symptoms: wheezy breathing, difficulty in breathing and or coughing.
- The gastrointestinal system/digestive system: swollen lips, tongue, itchy tongue, stomach ache, feeling sick, vomiting, constipation or diarrhoea.
- Skin: bumpy, itchy raised areas and/or rashes (wheals/hives), cracked, dry, weepy or broken skin (inflamed/irritated eczema), red cheeks, redness around the mouth, painful swelling of the deep layers of the skin most commonly of the lips, face and around the eyes (angiodema).

Symptoms of a severe allergic reaction (anaphylaxis) can include;

- Difficulty in swallowing or speaking.
- Difficulty in breathing.
- Swelling of the throat, mouth and/or tongue.
- Hives anywhere on the body or generalized flushing of the skin.
- Abdominal cramps, nausea and vomiting.
- Sudden feeling of weakness (drop in blood pressure).
- Alterations in heart rate (fast pulse).
- Collapse and unconsciousness.

If staff members are in any doubt about the severity of any symptoms, they will always seek urgent medical attention by calling 999 for an emergency ambulance, stating “anaphylaxis”. Treatment of anaphylaxis is adrenaline, given by injection.

Where children require medication for an allergy, (e.g. anti-histamines or adrenaline auto-injector) a long-term medication form should be completed and signed on a monthly-basis by the child’s parent(s); this is the responsibility of the child’s key person. Medication should be prescribed by a doctor and have prescription labels securely attached, with the child’s full name, name of the medication and the date that the medication was prescribed. Medication should be stored appropriately, out of the reach of children, in the kitchen; in the designated cupboard or shelf in the fridge. Staff should regularly check that the medication is in date and give parents at least a month’s notice of the medication expiring, so they can provide a replacement. It is the parent(s) responsibility to discard of any expired or unneeded medication. Staff should ensure that they take the child’s medication on any trips or outings; it should remain in the first aid bag and placed back securely in the kitchen upon return to nursery. Where allergy medication is administered, a short-term medication form should be completed and signed by the staff member who administered the medication and by a second staff member who witnessed the administering. Parent(s) should always be notified when their child has received medication and are also required to sign the short-term medication form.

This policy was adopted on	Signed on behalf of the nursery	Date for review
25 th October 2023	Katy-Leigh Eastham (Nursery Manager) 	October 2024
This policy was reviewed on	Signed on behalf of the nursery	Changes made?
Reviewed 18 th October 2024	Katy-Leigh Eastham (Nursery Manager) 	No changes needed October 2025
15 th September 2025	Katy-Leigh Eastham (Nursery Manager) 	No changes needed September 2026