



EYFS: The Safeguarding and Welfare Requirements
3.47

Health

3f.5 Managing Allergies

Policy Statement

- At Auden Place we understand that for children with allergies, extra care needs to be taken when providing meals.
- Staff do not use a child's diet or allergy as a label for the child or make a child feel singled out because of her/his diet or allergy.

Procedures

Allergy Awareness

- Staff are trained on allergy awareness as part of their induction process.
- Staff are made aware of the 14 allergens and posters are displayed around the nursery as reminders.
- We follow strict recipes when preparing our meals so that all staff, kitchen and childcare are aware of any allergens present in the dish. This also means that if the cook is away, whoever takes over the role of cooking lunch for the day, will ensure the dish they provide will be of exactly the same ingredients and nutrients as if the cook herself was preparing it.
- We provide a comprehensive breakdown of our recipes which is available for all on request.
- This breakdown, uses **bold** text for any allergies present.

We follow these procedures to manage allergies in our setting.

- On a child's first day, we find out from parents their children's dietary needs and preferences, including any allergies and/or intolerances.
- We regularly consult with parents to ensure that our records of their children's dietary needs - including any allergies - are up-to-date. When needs change, we request this in writing from the parents
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parents' wishes.
- We display the menus of meals/snacks for the information of parents.
- We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts.
- We require staff to show sensitivity in providing for children's diets and allergies.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.

Nuts

- The nursery operates a 'no nut policy' and staff are discouraged from eating/using nut based products during the nursery day. If staff are unsure if they have come into contact with nut products in any way, they must wash their hands thoroughly before



returning to the children. In line with this policy, we do not allow parents to bring in birthday cakes.

- Please do not allow your child to bring in any food as it may contain traces of nut.
- Please do not bring in boxes for junk modelling that contain nut e.g. crunchy nut cornflakes.

Special Dietary Requirements

- During the child's induction, parents will need to inform us, in writing, of any dietary requirements, whether they are, serious medical allergies, mild allergies, religious or just preference.
- Any dietary requirements will be put onto the Dietary Requirements List, a copy of which is kept in the classrooms, the kitchen and the office.
- Good communication between home and nursery is very important.
- Each day, the cooks will cross reference the 'forms' with the menus and provide alternate food if necessary.
- Extreme care will be taken to check all foods for ingredients to prevent children being given foods they must not have.

Severe Medical Allergies

- When any child starts nursery with a serious medical dietary condition, we will write an individual plan for that particular child and all staff will undergo any necessary training, e.g. Epi-Pen administration. Parents will always be informed of any treatment given.
- In some very severe cases, Auden Place may request that parents supply all meals to be eaten at nursery.
- We use colour red plates and bowls for children with severe medical dietary allergies to ensure easy identification of their correct meal.
- During mealtimes, we will aim to sit any child with a severe medical food allergy next to an adult to help prevent them from eating/touching food from another child's plate.
- At every meal, staff who are serving children's food, and those sitting with them are required to check the 'Dietary Requirements Sheet' to ensure that any additions or changes are adhered to. If there is any doubt in a member of staff's mind, then they must always seek advice from a senior.
- There will always be a first aider available at mealtimes.
- In the case of an emergency, staff will inform a manager who will then dial 999, and contact parents