



ALLERGY AND INTOLERANCE POLICY

AIM

- To ensure that all children in our care are only eating food that is safe for them.
- To ensure we manage the allergy and intolerance of non-food products e.g. animal, medicine
- Ensuring all allergies and intolerances are managed using the child's specific medical plan and colour coded card
- Giving parents choice and preference over the food their children eat

Anaphylaxis

Anaphylaxis is the most extreme form of allergic reaction and it can be fatal. It can be triggered by food, drugs, injections, insect stings or even exertion. The most common foods to trigger allergic reactions are: milk, eggs, wheat, shrimp, fish, peanuts and other nuts. The allergic reaction spreads rapidly through the body, causing breathing difficulties and a drop in blood pressure. This can be within minutes or may even take up to an hour or so. It is essential to recognise these reactions and treat them immediately.

If a child has an allergic reaction, we will follow each child's medication plan as defined by their doctor.

As soon as an anaphylactic reaction is suspected an ambulance will be called and the child will be taken to hospital.

Food Intolerance

Food intolerance is different to food allergy. The reactions are slower producing symptoms up to 3 days after the offending food has been eaten. This is because intolerance is not caused by allergy antibodies. Parents must clearly state whether their child has a food allergy or a food intolerance by completing the required form.

Weaning Babies

Babies will not be given weaning food at nursery that they have not already tried at home and which their parents/carers are confident that they can tolerate. During the induction stage parents are asked about which foods their child can eat and this information is updated on the 'Weaning Chart' as staff are informed about further acceptable foods.

PROCEDURE FOR MANAGEMENT OF ALLERGIES IN CHILDREN

Allergy

An allergy is a reaction to foods (or other substance) such as peanuts, nuts, milk, eggs, fish and wheat. It usually occurs within 30 minutes of eating – or even touching the offending substance. In rare cases the delay can be as short as a few minutes or as long as several hours before symptoms appear.

The following measures are essential to prevent the death of a child

- Parents must provide the necessary medication and medical documentation before the child can attend nursery. The child will not be allowed on site without their medication.
- The cook holds dietary requirement cards for all children with allergies, also listing which days they attend.
- Strict avoidance of all foods containing even minute amounts of the offending food. Even a tiny trace can be fatal.
Beware: By-products of foods such as milk and wheat are used in processed foods and may be listed as a name that does not resemble the original substance.
- Prior to eating, surfaces should be cleaned with hot soapy water followed by anti-bacterial cleaner. Hands should be washed.
- Children with allergies should only be served food by a member of staff who has read the child's lunch card using clean utensils.
- There will be an agreed protocol between the nursery/parent and GP to manage the situation. Parents will complete a red allergy form, blue health form and a medication form. A copy of these must be kept with the Allergy Procedure form in the child's file and stored with their medication in accordance with our Medication policy. Allergy and Medical cards are updated as and when children join, move room or leave each room. (Room Leaders are responsible for ensuring that these are displayed).
- The parents must sign a form to confirm that they will be responsible for ensuring that medication is clearly labeled with their child's name, and that the medication is 'in-date'(see form). The child will not be able to attend if their medication is out of date.
- Named photo cards are used in each room so that the staff member serving food is instantly reminded of a child's allergy, intolerance or preference. Duplicate cards are used when children move between rooms.
- Named photo cards are consistently colour-coded throughout the nurseries: red being for allergy, yellow for intolerance and preference and green for those who can eat any of the foods available. The nursery operates a strict no nuts policy.

This policy will be reviewed in April 2024