

Food allergy & intolerances policy



Policy Statement

This policy covers the health care and management of children at Thorney Island Nursery that have any food allergy, other allergy or intolerance. We are aware that children who attend may suffer from food, bee/wasp sting, animal or nut allergies and we believe that all allergies and intolerances should be taken seriously and dealt with in a professional and appropriate way.

We do not guarantee a completely allergen free environment, but will minimise the risk of exposure, encourage self-responsibility, and plan for effective response to possible emergencies.

The Statutory Framework states that the provider must obtain information about any dietary requirements/allergy. As such parents are asked to provide details of allergies in the child's registration form, which is submitted before starting the nursery, along with an all about me form during settling in visits.

AIM:

The intent of this policy is to minimise the risk of any child suffering an allergic reaction, or symptoms bought on by an intolerance and in the worst-case allergy-induced anaphylaxis whilst at nursery.

The underlying principles of this policy include:

- Procedures to ensure effective risk management practices to minimise exposure to known trigger foods and insects.
- Staff training and education to ensure effective emergency response to any allergic reaction situation.
- This policy applies to all members of Thorney Island Nursery

DEFINITIONS:

Allergy – A condition in which the body has an exaggerated response to a substance (eg. food and drug) also known as hypersensitivity.

Allergen – A normally harmless substance that triggers an allergic reaction in the immune system of a susceptible person.

Anaphylaxis – Anaphylaxis, or anaphylactic shock, is a sudden, severe and potentially life-threatening allergic reaction to food, stings, bites, or medicines.

Epipen – Brand name for syringe style device containing the drug Adrenalin, - which is ready for immediate inter-muscular administration.

Minimised Risk Environment– An environment where risk management practices (eg. Risk assessment forms) have minimised the risk of (allergen) exposure.

Individual Health Care Plan– A detailed document outlining an individual child's/staff members condition, treatment, and action plan.

PROCEDURES AND RESPONSIBILITIES FOR ALLERGY/INTOLERANCE MANAGEMENT:

General

- Parents and staff/students will complete a detailed individual health care plan to explain their allergy/intolerance, what reactions to look out for, what to do in an emergency and to ensure that emergency contact details are up to date.
- The management will ensure that they effectively communicate a child's needs to all relevant staff.
- Staff will be trained during an external paediatric first aid course in anaphylaxis management, including awareness of triggers and first aid and the procedures to be followed in the event of an emergency.
- Staff are informed and updated on any allergies during staff meetings and individual meetings.
- Age-appropriate education of the children with severe food allergies/intolerances will be discussed in a sensitive manner.
- Individual health care plans will be updated annually through a discussion with the parent.
- Any change in a child's allergy/intolerance must be reported to the nursery by the parents in a timely manner, in writing via email or letter.
- Information from the GP may be requested to gain further insight into the allergy/intolerance to ensure that the nursery is managing this in the correct way.
- Practitioners of children and key staff are required to review and familiarise themselves with the medical information on the individual health care plan.
- An allergy/intolerance plan is displayed in relevant rooms with a recent photograph of the child outlining any allergies/intolerance, which foods to avoid, the days the child attends, the reaction a child may get and what action to take.
- Placemats are used for children within the nursery, and any allergy/intolerance is recorded on the mat, along with a photograph of the child on the back.
- Red plates/bowls are used for the younger children with any allergies/specific dietary requirements.
- Children are not to share food from home during lunchtime, and any cakes/sweets that are bought in for celebrations will be sent home at the end of each child's session.
- Parents who provide their child with a packed lunch must not include any products that contain NUTS and be in line with our healthy eating policy.
- Risk assessments are in place for malleable play to ensure that the products used are safe for all children with allergies/intolerances.
- Any child/staff that needs medication to be kept on site for emergency situations, will not be allowed in the nursery without in date medication that is clearly labelled and has been prescribed by the doctor.

MEDICAL INFORMATION: (EPIPENS)

Where EpiPens (Adrenalin) are required on the individual health care plan:

- It is the responsibility of the Parent to provide the nursery with up-to-date medication/equipment, clearly labelled in a suitable container and to replace them in a timely manner if they are out of date or used.

- The EpiPens will be kept securely in the medicine boxes located in each building.

ACTIONS

In the event of a child suffering an allergic reaction:

- We will delegate someone to contact the child's Parents.
- If a child becomes distressed or symptoms become more serious telephone 999
- Keep calm, make the child feel comfortable and give the child space.
- If medication is available, it will be administered as per training and in conjunction with the "Medication Policy".
- If Parents have not arrived by the time ambulance arrives, a member of staff will accompany the child to hospital.

This policy was adopted at a meeting of: Thorney Island Nursery

Held on: 4th May 2026

Date to be reviewed: May 2027

Signed on behalf of the committee: _____

Name of signatory: _____

Role of signatory: _____

Manager's signature: _____

Manager's name: Karen Theobald