

Food Allergy Policy

At Little Footsteps we understand the importance of all staff working in the setting to be aware of children with allergies, the precautions to take and the emergency procedures if any child has a reaction to a food type. All our settings are nut free.

The following policies and procedures ensure that any child with an allergy receives proper care and support and will help allay any concerns.

It is important for staff and parents/carers to draw up a care plan before the child starts nursery and to be informed of any changes whilst they are under our care. All the child's details will be recorded, all details of the allergy, the parents/carers and GP's contact numbers and the prescribed medication the child is taking (see form). Parents/carers must bring in a letter from their GP if they have an allergy. Managers and Parents/Carers must be aware that there is a clear distinction between foods which a child is allergic to, foods that a child does not like or a parental preference.

All children with a food allergy must have had a consultation with a dietician to ensure that they are still getting sufficient nutrients from foods. The dietician on most occasions will complete a diet plan for those children. The reason for us requiring these letters and diet sheets is to make sure that the kitchen is not excluding foods from children's diets unnecessarily. All parents will be required to provide evidence to enable us to restrict any food/product from a child's diet.

All these details are stored in a readily accessible location. The manager is responsible for all staff working in the setting to be made aware of all children with allergies, what foods they should not have and the emergency procedure.

Photos of all children with allergies and the foods they must avoid are displayed in the kitchen, classrooms, and managers office at each setting.

There are 14 allergens currently listed under food law that you must declare. These are:

- cereals containing gluten, eg wheat (including spelt and khorasan), rye, barley and oats and their hybridised strains
- crustaceans, eg prawns, crab and lobster
- eggs
- fish
- peanuts – All our settings are nut free.
- soybeans
- milk
- nuts, eg almonds, hazelnuts, walnuts, pecan nuts, Brazil nuts, pistachio, cashew, macadamia nuts or Queensland nuts - All our settings are nut free.
- celery (including celeriac)
- mustard
- sesame
- sulphur dioxide/sulphites (preservatives used in some foods and drinks) at levels above 10mg per kg or per litre
- lupin
- molluscs, eg clams, mussels, whelks oysters, snails and squid

Emergency procedure

This is drawn up with the parents/carers, with input from a medical professional. The written care plan will be kept with the records on the premises and a copy attached to the medication. All staff are made aware of the procedure, which will include assessment of the symptoms, administration of the medication as appropriate, contact numbers and the ambulance procedure.

If a reaction to a food allergy is suspected, the manager is immediately informed. The manager is responsible for making sure that the administering of the necessary medication is carried out accordingly to the directions attached to the medicine. Parents/carers are immediately contacted if any medication is administered.

Medication

The medication must be prescribed by a doctor and the date on the medicine must be checked regularly to make sure it is not out of date. Responsibility for ensuring the medication is 'in date' rests with the parents/carers.

It is important that the parents/carers explain what medication their child has been prescribed, what symptoms may occur and when and how to use the medication.

All staff will need to know where the medication is stored. This will be out of reach of children but readily accessible. It will be labelled clearly with the child's name and instructions for use.

All medication and allergy information must be taken on trips.

Staff training

All staff are trained to administer the medication in accordance with legal requirements. All staff complete Food allergy awareness training every 3 years via NoodleNow.

Precautionary measures

Due diligence is on-going. For example, it would include the avoidance of nut cereal packets for junk modelling, reading ingredients on snacks carefully and labelling cups and containers clearly. If staff have any doubt about certain ingredients, then it is advisable to check with the parents/carers first. Discourage sharing of food cups and utensils. Ensure that all children wash their hands before eating. Parents/carers will continually be reminded of this through newsletters or parent's meetings.

Discussions about allergies take place with the children in an age-appropriate way when necessary.

Extra care will be taken that all cover staff are briefed about the child's allergy and precautionary measures required. This will also apply to changes of rota, or new members of staff joining the team.

Consent and agreement

Parents/carers must give written signed consent for staff to take responsibility of administering medication in the unlikely event of an allergic reaction occurring.



HEALTH CARE PLAN

Child's Details:

Childs name.....D.O.B.....

Address.....
.....

Foods allergic to.....
.....
.....
(A letter from GP is required)

Contact Details:

Name of parent/carer.....

Telephone number.....

Second contact name.....

Telephone number.....

GP's Details:

Child's GP Name.....

GP's telephone number.....

Medication:

Name(s) of medication (please state expiry and storage details) e.g. Name of med, 21.09.11,
fridge.....
.....
.....
.....

Signs and symptoms of my allergy:

- 1.
- 2.
- 3.
- 4.



Precautionary measures:

- 1.
- 2.
- 3.
- 4.

The following measures are to be undertaken if I have a reaction:

- 1.
- 2.
- 3.
- 4.

Consent and Agreement signed by Parents:

I agree to the staff taking responsibility and administering medication in the event of a reaction taking place.

Name:

Signature:

Date:

Training:

(*This section is to be completed by nursery manager)

Staff trained on administering medication

- | | |
|----|-------|
| 1. | Date: |
| 2. | Date: |
| 3. | Date: |

Nursery Manager:

Signature:

Date:

MONITORING FORM

This form is to be used in the event that a child is having a suspected reaction ect and requires regular monitoring for their safety and well-being. This form works in conjunction with other relevant forms e.g incident forms, accident forms. Observations are to take place every **5** minutes for the first hour. In the event of this form being used the Manager must be informed immediately.

Child's Name: **DOB:** **DATE:**

Parent called at: Spoke to: Person who made the call:

[illegible]

Managers Signature.....Date.....



LITTLE FOOTSTEPS CHILDCARE

Individual Health Care Plan

Childs Name:			
Childs DOB:			
Date:			
Review Date:			
Parents Name:			
Parents Signature:			
Overview:		Care/Prevention:	
Symptoms/Reactions/Signs:		Immediate action:	Follow up: