

Little Bears Daycare – Nut Free Policy (6.10)



Policy statement

Little Bears aims to practise a nut free policy, although we recognise that this cannot be guaranteed. This policy serves to set out all measures to reduce the risk to those children and adults who may suffer an anaphylactic reaction if exposed to nuts to which they are sensitive. We aim to protect children who have allergies to nuts yet also help them, as they grow up, to take responsibility as to what foods they can eat and to be aware of where they may be put at risk.

Our new intakes are made aware that we do not allow nuts or nut products within our setting for snack, lunch boxes or party cake or seasonal treats. Our Nut Free posters are situated around the setting.

Anaphylaxis (also known as anaphylactic shock) is an allergic condition that can be severe and potentially fatal.

Anaphylaxis is your body's immune system reacting badly to a substance (an allergen), such as food, which it wrongly perceives as a threat. The whole body can be affected, usually within minutes of contact with an allergen, though sometimes the reaction can happen hours later.

Staff

All staff to read and follow this policy both in nursery and when out on trips and outings. Staff and volunteers must ensure they do not bring in or consume nut products within Little Bears and ensure they follow good hand washing practice.

Caution must be taken at certain times of year such as Easter and Christmas. If Staff distribute confectionary care must be taken to ensure that no nuts are included in the product. Fruit sweets such as Haribo are a better alternative, these would be sent home with staff and children and not eaten in the setting.

Particular products that are a cause for concern are: - Celebrations – Roses – Heroes - Quality Street

All product packaging must be checked for warnings directed at nut allergy sufferers and if the following or similar are displayed, the product must not be used in school without supervision of staff and supervised hand washing:

- Not suitable for nut allergy sufferers

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- This product contains nuts
- This product may contain traces of nuts.

We have **three** staff members trained to administer an Epi Pen. All staff have had basic training on this, covered in their paediatric first aid training.

Parents

Parents must notify staff of any known or suspected allergy to nuts and provide all needed information detailed.

Parents must not bring in any food or treats (such as for birthdays) unless they have checked the ingredients carefully, likewise for snack and lunch box choices. Homemade snack or party food contributions must have a label detailing all ingredients present and the kitchen environment where the food was prepared must be nut free. If you're unsure about a selection please speak to a staff member before bringing in the food item into Little Bears.

Packaging must be checked for:

- Not suitable for nut allergy sufferers
- This product contains nuts
- This product may contain traces of nuts.
- Indicating this is unsuitable for school consumption.

Lunch box items will be removed by staff and replaced with snack items if containing nuts or nut products.

Children

All children are regularly reminded about the good hygiene practice of washing hands before and after eating which helps to reduce the risk of secondary contamination. Likewise children are reminded and carefully supervised to minimise the act of food sharing with their friends.

Health Plans and Emergency Response

We have individual Healthcare plans for children with allergies and Allergy Lists are displayed highlighting Healthcare plan in place, triggers, medication (Medication will be stored, administered and documented in accordance with our Administering Medicine Policy).

Staff and parents are made aware of this policy and the symptoms associated with anaphylaxis.

Symptoms

The symptoms of anaphylaxis usually start between 3 and 60 minutes after contact with the allergen. Less commonly, they can occur a few hours or even days after contact.

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An anaphylactic reaction may lead to feeling unwell or dizzy or may cause fainting due to a sudden drop in blood pressure. Narrowing of the airways can also occur at the same time, with or without the drop in blood pressure. This can cause breathing difficulties and wheezing.

Other symptoms:

- swollen eyes, lips, genitals, hands, feet and other areas (this is called angioedema),
- itching,
- a strange metallic taste in the mouth,
- sore, red, itchy eyes,
- changes in heart rate
- a sudden feeling of extreme anxiety or apprehension
- itchy skin or nettle-rash (hives)
- unconsciousness due to very low blood pressure
- abdominal cramps, vomiting or diarrhoea, or nausea and fever.

Anaphylaxis varies in severity. Sometimes it causes only mild itchiness and swelling, but in some people it can cause sudden death. Anaphylaxis can lead to death if breathing becomes severely obstructed or if blood pressure becomes extremely low (known as shock). If symptoms start soon after contact with the allergen and rapidly get worse, this indicates that the reaction is more severe.

Legal Framework

The Human Medicines Regulations (2012)

Further Guidance

Managing Medicines in Schools and Early Years Settings (DfES 2005)

Other useful Pre-school Learning Alliance publications

Medication Record (2010)

Daily Register and Outings Record (2012)

This Policy Was Adopted By	Little Bears Daycare
Last Updated	22 July 2026
Signed on Behalf of Provider	Signed by:  22 July 2026
Name of Signatory	Laura Leath
Role of Signatory	Chairperson of Little Bears Daycare