



Food Allergy and Intolerance Policy

The health and safety of all children in attendance at Loversall Farm Day nursery will always be our priority. We understand that some children may have specific dietary requirements, including; allergies, food intolerances, food preferences and cultural requirements. We will endeavour to consider these when planning the children's menus and providing food and drink sources.

Loversall Farm Day Nursery is aware that children can have allergies and intolerances from a variety of food sources, which may cause adverse symptoms and allergic reactions. We will follow this policy to ensure symptoms, including allergic reactions, are minimised through good practice, or where possible prevented. This procedure will provide staff with an awareness of the difference between a food allergy and a food intolerance and how to support a child who may be having a reaction.

Food Allergies

'Food allergies can be life-threatening conditions for some children and should be taken very seriously.'

Food allergies develop when the body's immune system reacts against food proteins, which it sees as invaders. It then releases chemicals to attack. (Early Years Foundation Stage nutrition guidance – May 2025. P32)

Food Intolerances

Food intolerance is different to a food allergy and usually occurs when the body has difficulty digesting certain foods or ingredients in food. Intolerances do not involve the immune system and are not life-threatening. Food intolerances cause unpleasant symptoms such as abdominal pain or discomfort. Diarrhoea, bloating, constipation, red rash, itching or eczema flares. (Early Years Foundation Stage nutrition guidance – May 2025. P34)

Food for religious faiths and beliefs

Children and their families may have specific food preferences or dietary needs according to cultural or religious beliefs. Some families may exclude certain foods or only eat foods prepared or cooked in a particular way according to their religious faith. For example, some faith groups will follow a vegetarian diet due to both religious customs and personal choice. Additionally, fasting is common in many religions, although younger children tend to be exempt. It is important to be aware of how this may affect children at meal and snack times and ensure, where possible, that an inclusive approach is used. (Early Years Foundation Stage nutrition guidance – May 2025 P. 35-36).

In all circumstances, staff must be aware of the difference between a food allergy and a food intolerance:

- Staff will be made aware of the signs and symptoms of a possible **allergic reaction** of an existing, unknown or first reaction in a child. Symptoms may include;
 - Coughing, wheezing, breathlessness, noisy breathing or a hoarse voice
 - A red, raised rash (hives)
 - Tingly or itchy feeling in the mouth
 - Sneezing or an itchy, runny or blocked nose
 - Stomach pain
 - Feeling sick or vomiting
 - Swelling of face, lips, tongue or eyes
 - Difficulty swallowing
 - Diarrhoea
 - Feeling dizzy or lightheaded
 - Pale or floppy
 - Suddenly sleepy
 - Collapse or unconscious

These symptoms can happen on their own, or they may be present in a serious reaction.

A severe reaction called anaphylaxis or anaphylactic shock can occur, which is a medical emergency and needs urgent treatment. If a child has an autoinjector, this must be administered and call 999. If the child has displayed no improvement after 5 minutes of administering the autoinjector, then the child's second autoinjector should be administered if they have one.

(Please refer to pages 32-34 of the Early Years Foundation Stage nutrition guidance – May 2025 for further information).

- Staff will be made aware of the symptoms of a **food intolerance**. Symptoms can include:
 - Abdominal pain or discomfort
 - Diarrhoea
 - Bloating
 - Constipation
 - Red rash
 - Itching
 - Eczema Flares

(Please refer to page 34 of the Early Years Foundation Stage nutrition guidance – May 2025 for further information).

Staff members including; students, apprentices and volunteers, will all complete the following training when they commence employment at Loversall Farm Day Nursery:

- **Paediatric First Aid – 12 hour course** (within 3 months of employment to be included in staffing ratios)
- **Food Safety – Level 2** (within one month of employment)
- **Food Allergy Awareness** (within one month of employment)

The above training will ensure staff are aware of food safety and understand the difference between a food allergy and a food preference. All training will be updated every 3 years.

In all circumstances these are the procedures to follow regarding any food allergies, intolerances, religious requirements and/or food preferences;

- Parents must inform the child's key person of their child's dietary needs when they attend the first settling in visit whilst completing the 'Getting To Know Your Child' information as part of the 'all about me' document.
- Parents must give a detailed explanation of dietary requirements and health concerns of the allergy or intolerance to the child's key person who will then inform the Nursery Manager.
- This information is then immediately added to the nursery 'Dietary Requirements Allergies/Intolerance, and preference sheet information sheet'.
- If the children's dietary needs change, a new 'Dietary Requirements Allergies/Intolerance and preference sheet information sheet'. must be completed and signed by the parent, key person and Nursery Manager.
- The Nursery Cook will be made aware of the child's allergy or intolerance by means of the 'Dietary Requirements Allergies/Intolerance and preference sheet information sheet' with the information being transferred onto the kitchen 'allergy, intolerance and preference record' which is displayed in the kitchen. This information will be reviewed regularly with the child's parent and the nursery cook will be informed immediately of any changes.
- The 'Dietary Requirements Allergies/Intolerance and preference sheet information sheet' is also available in all base rooms and stored confidentially. Staff must refer to this information at all mealtimes and before any food and/or drink is served to the children.

- The Nursery Manager and Nursery Cook will make sure all allergy/intolerance and preference information is accurate and passed on to the staff team.
- Only staff members who hold a level 2 food hygiene certificate (minimum) can cook/prepare any meals, snacks or drinks for the children.
- The person who prepares the meal or snack will complete and sign the 'Dietary Requirements Allergies/Intolerance and preference sheet information sheet'. to confirm that the meal is safe and relevant for the child. Alternative meals, for children with allergies/intolerances/food preferences and cultural/religious dietary requirements, will be presented on red plates/dishes, this will support staff in ensuring children are given the correct meals. This procedure also applies even if they are able to eat the exact same meal as all other children.
- When the meal is collected from the kitchen, or delivered to the room, a staff member will sign to confirm that they have checked the content and ingredients of the meal/snack or drink before serving it to the child, a second member of staff must also witness this practice and sign the allergy sheet.
- Two members of staff MUST always be physically present during meal and snack times. Where groups may be working separately, the groups must come together for snack, to ensure there are two members of staff are physically present at all times.
- There must always be at least one member of staff with paediatric first aid in attendance at all times when children are given any food/drink sources
- Children with food allergies, intolerances and/or preferences should be served with their meal first to ensure they have been given the correct meal and where possible, children with specific dietary requirements should be

seated together. Under no circumstances will a child with a dietary requirement be segregated from their peers.

- All staff in the room must refer to the 'Dietary Requirements Allergies/Intolerance and preference sheet information sheet'. and discuss this information before any food is served to the children.
- Wherever possible, only food purchased by the nursery and/or made by the Nursery Cook or staff team can be consumed by the children (Please note, this does not include breast or formula feeds).
- To ensure we effectively control and manage what the children eat, external food brought into nursery is not permitted in most circumstances, however, if parents make the decision to bring in a pack lunch instead of paying for meals, this will be at the manager's discretion and not before a full meeting has taken place between the manager, cook and parent. For parents wishing to provide a pack lunch for their child, they will be expected to produce ingredients for everything in the pack lunch based on our allergy requirements. The pack lunch will also need to be healthy, balanced and nutritious. **WE ARE A NO NUT NURSERY SO ANY FOOD SOURCES WITHIN THE PACK LUNCH THAT INCLUDE, MAY INCLUDE OR PREPARED IN AN ENVIRONMENT THAT USES NUTS WILL NOT BE PERMITTED AND DISCARDED.** We appreciate that parents like to provide a birthday cake so their child can celebrate with their peers. As a nursery, we will accept this providing:
 - The cake is shop-bought (we will not accept cakes/buns made in the home)
 - unopened
 - includes a list of ingredients

- All cakes handed over to any member of staff must be checked thoroughly, any cake that includes nuts, may contain nuts, or made in a factory that uses nuts, must be given back to the parents immediately as Loversall Farm Day Nursery is a 'no nut nursery'.

We WILL NOT give the children the cake whilst in nursery, instead a wrapped piece of cake, along with a copy of the ingredients, will be passed onto parents when they collect their children, it is then the parents decision to allow their child to have the cake. Cake will not be passed onto parents of any children who have an allergy/intolerance/preference to any of the ingredients.

It is the responsibility of the Room Supervisor to ensure this procedure is upheld and all staff are aware and confident in its process.

Staff need to ensure they are vigilant at all times when checking ingredients on food packets, drinks cartons and baby mixes as an incorrect ingredient/diet can prove fatal in certain circumstances.

It is the parents/carers responsibility to ensure any changes to the child's dietary requirements are reported to a member of staff immediately.

Any changes to a child's dietary requirements will be recorded on the 'Dietary Requirements Allergies/Intolerance and preference sheet information sheet'.

Food Information Regulations 2014

From 13 December 2014, we will incorporate additional procedures in line with the Food Information Regulations 2014 (FIR).

- We will display our weekly menus within the entrance to the nursery and will identify the 14 allergens that are used as ingredients in any of our dishes. These will be displayed on the allergen matrix table. Any new ingredients

introduced to our menu will also be included on the allergen matrix, this may be as simple as a different brand of the same food source. on the Parent Information Board and will identify when the 14 allergens are used as ingredients in any of our dishes.

- It is the responsibility of the room supervisor or acting room supervisor to ensure the cook has any special dietary requirements or allergy information pertaining to the menu on a daily basis by 9.00am each day.

Staff must be vigilant at all times when checking ingredients on food packets, drinks cartons and baby mixes, as an incorrect diet could prove fatal in certain circumstances. It is the parents/carers responsibility to ensure any changes to their child's dietary requirements are shared with a member of staff immediately. Any changes to a child's dietary requirements will be updated on the 'Dietary Requirements Allergies/Intolerance and preference sheet information sheet' and signed by parents as a true account of the changes.

STAFF MUST ALSO CONSIDER ANY FOOD ALLERGIES OR FOOD INTOLERANCES WHEN PLANNING BAKING ACTIVITIES OR ANY OTHER ACTIVITY THAT INCLUDES FOOD OR DRINK ITEMS.

Procedure to follow when dealing with an allergic reaction

In the unlikely event a child is provided with a food source that could result in an allergic reaction, parents will be informed immediately and medical assistance sought. The following procedures will be followed:

- Where a child has an allergic reaction, a paediatric first aid trained member of staff will act quickly and administer the appropriate treatment. Part of the registration process will ask parents of children over one year old, for consent to administer emergency Piriton. **IN AN EMERGENCY SITUATION ONLY. STAFF MUST ENSURE THEY CHECK THE AGE OF THE CHILD AND ADMINISTER THE DOSAGE IN ACCORDANCE WITH THE MANUFACTURERS INSTRUCTIONS ON THE BACK OF THE BOTTLE. AN EMERGENCY BOTTLE OF PIRITON IS**

LOCATED IN THE MEDICATION CABINET IN THE OFFICE. WHERE EMERGENCY PIRITON IS ADMINISTERED IT IS EXPECTED THAT PARENTS COLLECT THEIR CHILD WITH IMMEDIATE EFFECT.

- Any administration of Piriton will be recorded in line with the content of the administration of medication policy and procedure. Any allergic reaction will be recorded on an incident form and shared with parents at the point of collection. This will be signed by staff and a signature must be included from the parent and or carer.
- If treatment requires specialist administration, for e.g. an autoinjector (Epipen), then at least two members of staff working directly with the child and the manager will receive specific medical training to enable them to administer the medication safely. However, the paediatric first aid training always includes how to administer an autoinjector
- For children diagnosed with an allergy, where treatment is via an autoinjector, parents will be advised to bring at least one autoinjector into the nursery and this will be stored in an emergency first aid box located near to the room the child accesses. Staff and management will regularly check the date on the autoinjector. If the date is due to expire the child's key person will inform the parents, the out of date medication will be handed back to the parent to dispose of the medication safely.
- Where children have a contact allergy to any food sources, we will ensure that any menus provided to all children within that room do not include the contact allergy source.
- If the allergic reaction is severe a member of staff will administer the autoinjector (if the child has one) and call for an ambulance immediately. If the child has two autoinjectors and after five minutes of administering the first there is no improvement, the second autoinjector will be administered. **UNDER NO CIRCUMSTANCES WILL A MEMBER OF STAFF TRANSPORT THE SICK CHILD TO HOSPITAL IN THEIR OWN CAR.**

- Whilst waiting for the ambulance, we will make contact with the child's parent/carer and arrange to meet them at the nursery if within an acceptable timescale, or at the hospital if time restrictions apply.
- The most appropriate member of staff must accompany the child to hospital and take with them the child's registration form, relevant medication sheets, child's comforter, nappies and wipes. The member of staff will also take a list of food/drink consumed whilst at the nursery. Once at the hospital the member of staff will remain with the child until the arrival of the child's parents, the child's care will then be passed to the parents and the member of staff will return to nursery. When the ambulance arrives the staff member will provide any information of any medication already administered, for e.g. Piriton and or autoinjector, along with the time and amount administered. Wherever possible the child will be accompanied to hospital by their named key person, should this not be appropriate a member of staff familiar to the child will accompany them.
- Staff must remain calm at all times; children who witness an allergic reaction may well be affected by it and may need lots of reassurance from their key worker where possible. Staff members within the room would, where possible, will take the other children away from the situation to a different room within the nursery, whilst maintaining appropriate ratios in accordance with the EYFS Statutory Framework. Additional support will be arranged for staff if this is needed following any event.
- All incidents will be recorded, shared and signed by parents at the earliest opportunity.
- Ofsted will be informed of any significant event, in line with their guidance of what substitutes an emergency. This will always be as soon as reasonably practicable but always within 14 days of such an event. A full investigation will take place should any event of this nature take place, however unlikely
- Following an investigation disciplinary action may need to take place. We will contact our Employment Law specialists, Citation, for further advice and support

PLEASE REMEMBER ALLERGIC REACTIONS ARE A MEDICAL EMERGENCY AND TIME IS OF THE ESSENCE.

Staff Allergies

- The management and staff team must be made aware of staff colleagues who have allergies/food intolerances and food preferences. The staff team should also be aware of what constitutes an emergency and the procedures to follow. All staff must complete an emergency details form during the first day of their induction. This form will include a space to record any allergies/medication etc. Once complete the form will be stored confidentially and securely in the staff members personnel file.
- Where staff have autoinjectors these must be stored in accordance with manufacturers instructions, must be out of reach of children at all times, whilst being easily accessible in an emergency situation.
- Any staff members who bring a packed lunch to the setting must not in any circumstances have any food source that contains nuts, may contain nuts or food made in a factory that uses nuts

Loversall Farm Day Nursery have regard to the Early Years Foundation Stage Statutory Guidance (September 2005) and the Early Years Foundation Stage nutrition guidance (May 2025) and follow safer eating practices.

Other policies and procedures support this policy, please refer to:

- Medication policy
- Staff medication policy
- Non-food allergy policy
- Nutrition and mealtimes policy
- Accident, incident, injury at home and first aid policy

This policy was adopted on	March 2017
-----------------------------------	------------

Signed nursery manager	
Signed by the nursery owner	
Date of next review	September 2026