



## Health procedures-Allergies and dietary requirements

At Clare house nursery the safety and wellbeing of all our children and staffing team is paramount: We understand that that allergies can be life threatening and that we need to follow our best practices to maximise safety at all times.

We Do this by :

- Providing an environment that is safe and allows all children to participate in all aspects of our routines and activities: We will adapt activities to ensure that no child is exposed to an allergen that poses a risk.
- understanding that risk assessments play an important part in reducing risk and exposure: Where necessary we will seek outside professional help to complete these where child or staff allergies cause a greater risk of death.
- working in partnership with parents/cares and taking advice from professionals to ensure information regarding allergens and allergies is shared correctly.
- ensuring that all staff have access to the relevant individual health risk assessment and medical condition therefore reducing additional risk posed to that child or adult.
- ensuring that all our staffing team are First Aid trained and that this is kept up to date.

We continue to provide an environment that is safe and allows any child with allergies to participate in all daily activities without fear of anyone being exposed to their allergen.

We plan carefully for all allergies and dietary requirements and aim to offer alternatives for all activities. At times we will ask parents/carers to help us with supplying some products.

As part of our admissions procedure, we specifically ask parents whether their child has any known allergies. Where children have a known allergy on admission to our nursery we sit with parents/cares to ensure that all paperwork and medical plans are completed and that everyone is happy that the information is correct. For some children we will be able to seek medical support from community nurses /paediatricians. We liaise with these professionals to ensure that our risk assessments and plans are of sound information, guidance and expectations and these are appropriate to ensure that no child is put at risk.

Children who a known allergy will have a medical plan

Our medical plans consist of:

- The allergen
- The nature of the allergen reaction.
- What our response will be to the allergic reaction.
- Our control measures.
- A form which will be signed by the parent/carer and countersigned by the room supervisor and shared with the nursery manager. This information will be placed onto our one central record and be shared will all colleagues.
- Training will be provided as required.

- Medical plans are updated every 6 months or sooner if Parents/carers share new information with us.
- Parents/carers are responsible for keeping us updated with any medical changes/requirements.

We are aware that for some children allergies can emerge and reactions could occur within our nursery environment. We ensure that all staff are aware of indicators of allergic response and anaphylaxis

To minimise risk at meal times we carefully monitor all food provided at nursery whether for snacks or as part of the children's daily activities. Where families provide lunch boxes we ensure that no child shares food or any cross contamination happens. If this does occur we will follow our risk assessment/medical plan for that individual child.

We use an identification system at all snack and mealtimes which consist of colour coded placemats and plates:

- **RED:** Allergy
- **ORANGE:** special dietary requirements including intolerances, vegetarian, vegan.
- **GREEN:** No allergens, can eat everything.
- On each name card (placemat) we clearly state the intolerance /allergy to make it clear to all staff
- *At Lunch time we use colour coded plates as an additional safeguard to reduce the chances of any mix up with foods.*
- *WE HOLD Liquid antihistamine PIRITON ON SITE FOR AN EMERGENCY. This can be administered if prior consent (At registration: On registration forms) has been given or 999 call operator advises us to do so.*

Food prepared within nursery is made in a safe manner following guidance to food handling. We ensure that we don't cross-contaminate food by maintaining clean chopping boards/knives and plates/bowls.

Food brought in by home including Birthday cakes and celebrations.

- Where food is homemade from families: We send this home for our children to consume within their families care and we hold no responsibility for any allergic reaction to the ingredients within these products.
- We advise our families to bring shop bought products if they are wanting their child to consume this alongside their peers. We will only allow this to happen if we have a clear list of ingredients to ensure that no child or staff member is compromised.
- If food is to be shared we ask the families to bring it in its original packaging so that we have full ingredients list.
- We will ask families to think of those with allergens when purchasing so that so that no one is left out.
- If Sweets are brought in we send these home with the child on that day, for them to consume at home.

Purchase of our hot food.

Menus are carefully planned and freshly prepared by C H Baker & Sons of Honiton, and independently verified. For children who have hot meals we ask parents to share again with us any allergens so that we can ensure that this information is passed to the supplier

## Nut allergies

Although we recognise that this cannot be guaranteed, we aim to be a Nut-Free Nursery.

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.

At Clare house 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 "Nut-Free Policy" means that the following items should not be brought into Nursery:

- Packs of nuts
- Peanut butter sandwiches
- Fruit and cereal bars that contain nuts
- Chocolate bars or sweets that contain nuts
- Sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame)
- Cakes made with nuts

We have a policy to not use nuts in any of our food prepared on site at our Nursery. Our suppliers provide us with nut-free products. However, we cannot guarantee freedom from nut traces.

## Medication/health care plans for allergies

- All medication is stored as stored in line with our medicine procedures. Please see medicines policy
- First aid for anaphylaxis/allergies will be delivered in accordance with personalised medical plan and/or as advised from the 999 phone operator.

## References

<https://www.anaphylaxis.org.uk/>

