

## 04. Health Procedures

### 04.4 Allergies and Food Intolerance

#### Our Aim

We take allergies and food intolerances very seriously to keep every child safe and healthy. We work in close partnership with families to make sure we understand each child's needs and can respond quickly and safely if a reaction happens.

#### Before A Child Starts

We ask all parents:

- Does your child have any allergies?
- Does your child have any food intolerances?

This information is added to the child's Family account, where it is visible to all staff working with the child.

We ask parents to update information whenever anything changes.

#### Working Together With Families & Professionals

We regularly talk with parents and, when needed, health professionals to create an Allergy Action Plan/Health Care Plan.

This plan explains:

- What your child is allergic to
- What symptoms to look for
- What to do if a reaction occurs (including medication such as EpiPens)

All staff at the setting are made aware of the symptoms and treatments for allergies and anaphylaxis and the difference between allergies and intolerances.

Health care plans will only be made for allergies and not intolerances as they must state the medical need for intervention and what medication is to be used. In these cases we must have the child's medication to stay at the nursery. Please see our medication policy.

## Risk Assessments for Each Child

If your child has an allergy or intolerance, staff complete a risk assessment, recorded on Family. It includes:

- The allergen/intolerance (what your child reacts to)
- How likely they are to come into contact with it
- How we prevent exposure
- How often the plan is reviewed
- What we do in the event an allergen/intolerance has been given.

This helps us keep your child safe every single day.

## Meal-Time Safety

We use strong visual reminders to prevent mistakes:

### Allergy Placemats

Every child with an allergy has a bold red placemat with:

- Their full name
- Their photo
- The word ALLERGY
- A clear list of the allergen they must not have
- What steps to take if they are to be given food containing the allergen

These placemats are placed on the table every time the child eats.

We use a colour code system to clearly differentiate between allergies, intolerances, preferences and health conditions. Please see the key below. Each child will still have a placemat for any of these reasons. The placemat will be colored accordingly.

#### Allergy mat colour code key:

**RED** : Allergy ( If the child has medicine at nursery for allergen )

**BLUE** : Health Conditions ( If the child has a medical condition)

**GREEN** : Intolerance ( If the child has a mild reaction )

**ORANGE** : Preference ( Preference from parents )

### ✓ Intolerances

We ask parents to be clear on what a child is intolerant to and what the reactions they display are. In the event that a child is given/come into contact with something they are intolerant to we will follow the risk assessment made. We will always ring parents/carers to let them know and have a discussion about next steps.

### ✓ Preferences

Parents/carers sometimes have a preference for things they wish their child not to have, this isn't because of an allergy/intolerance but may be because of choice or religious reasons. In this case each child will still have a placemat clearly stating what they are not to have. Again in the case a child has been given something they are not to have, parents/carers will be called and informed.

### ✓ Health Conditions

If a child has a health condition relating to food/eating this is also clearly displayed on a placemat. The placemat will also state what the health condition means during meal times.

### ✓ Allergy Boards in Every Room

Each room has an Allergy & Intolerance Board showing:

- Photos
- Names
- Allergens
  
- What steps to take if they are to be given food containing the allergen

This ensures all staff and visitors are fully aware.

### ✓ Room leaders/key workers or secondary key workers:

- Put all allergy mats out before children arrive
- Double check all allergy information daily

At mealtimes staff are within sight and sound of children eating at all times and where possible sit facing them. If a child has a severe allergy a staff member - usually

their key worker/secondary key worker will be sat with them as per their Health Care Plan and Risk Assessment.

### **Our Setting Is Strictly Nut-Free**

To protect children with severe allergies:

- We never use nuts or nut products
- Parents must not bring in any nut-containing foods
- Staff check packaging carefully

### **Food That Contains Allergens**

Our menus clearly highlight foods that contain any of the 14 major allergens. This helps parents understand exactly what their child is eating each day.

### **Medication for Allergies**

If your child requires medication (e.g., antihistamines or EpiPens), we make sure:

✓ We have written instructions and consent

Medication must:

- Be prescribed AND
- Have clear manufacturer instructions
- Be brought in its original packaging with prescription label

✓ We have written parent consent and Medication forms that are up to date and stored safely on Family.

✓ Staff know exactly how to use it

Parents show staff how to administer medication in case of a reaction.

All storage and administration follow the same rules as our Medication Policy (04.2).

### **Where Medication Is Stored**

Medication is kept:

- Securely in locked medicine cabinets within each room
- Labelled with your child's details and instructions



- Quickly accessible in an emergency

Inhalers, EpiPens, or any life-saving medication is easily accessible within the room.

### **⚠ If Your Child Has a Severe Allergy**

We follow your child's Health Care Plan exactly, including:

- How symptoms present
- What medication to use
- When to call 999

Staff are fully trained in recognising:

- Allergies
- Intolerances
- Signs of anaphylaxis