

# Allergens and Food Intolerances Policy



## Statement of intent

We promote awareness of the nature of food allergens and food intolerances and bring these to the attention of staff and parents/carers.

We endeavour to meet the needs of children with allergens and food intolerances, working in partnership with parents and medical professionals.

We ensure that appropriate education/training is available and implemented for any staff involved in providing food to children with food allergies or intolerance and are all up to date.

## Allergy Labelling Legislation

From 13 December 2014, new legislation (the EU Food Information for Consumers Regulation 1169/2011) requires food businesses to provide allergy information on food sold unpackaged. There are also changes to existing legislation on labelling allergenic ingredients in prepacked foods. More information about the new European legislation can be found on the European Commission website. The new legislation only covers information about major allergens intentionally used as ingredients. They do not cover allergens present following accidental contact.

## Major Allergens List

Cereals containing gluten  
 Peanuts  
 Nuts  
 Milk  
 Soya  
 Mustard  
 Lupin  
 Eggs  
 Fish  
 Crustaceans  
 Molluscs  
 Sesame Seeds  
 Celery  
 Sulphur Dioxide

## Staff Training

Staffs serving food all attend:

Basic Food Hygiene Certificate  
 Allergy Awareness training

## Responsibilities

The manager is responsible in informing the caterers of any children with allergies, senior staff are then responsible for ensuring that any food provided for the children have been checked correctly.

Allergies and food intolerances are recorded at child registration by management and “allergy aware” paperwork is created and shared with relevant rooms, key person and staff.

All room leaders to check their children's foods before they are offered to the child. All bottles of children who have allergy is to be clearly labelled with child's name on it and a red sticker to identify they have an allergy (to be applied before being refrigerated).

We will assess with parents the risks for a child with an allergen and work with parents and medical professionals to produce a Health Care Plan/Allergy alert card where necessary. We will write a risk assessment and plan to ensure the safety and well-being of the child.

### **Good communication**

Staff are trained to escalate any concerns regarding a food allergy or intolerance to a line manager if they are unsure.

### **Allergic Reactions**

At Little Cherubs Solihull, we welcome all babies and children regardless of any allergies or cultural needs.

Children that have known allergies have their own alert cards and are registered with the nurse educators for early year's services.

If a child is having a severe reaction and is having difficulty breathing, we will:

- Call 999 immediately
- Give them their epi- pen, if they have one, by a trained person
- Call the child's parents and inform them of the actions taken
- The parent will be asked to meet their child at either the hospital or the nursery
- A member of management will go to the hospital with the child ensuring they have the nursery mobile phone with them.

If a child seems to be having a moderate reaction we will:

- Still inform the parents
- If they have any prescribed anti histamine already at nursery this will be administered by a supervisor or management, parents will still be asked to come and collect their child in case a more serious reaction was to follow as children are vulnerable up to 2 hours after eating.
- If no anti histamine is provided at nursery, we will call the parents and ask them to come and collect the child.

All policies are reviewed at least annually. This policy was reviewed in October 2022 by Kayleigh Wadsworth