

NUT AWARE POLICY

At Worstead preschool our aim is to have a nut free setting. Although we recognise this cannot be guaranteed we will set out the measures in this policy to reduce the risk of adults and children who may be allergic from exposure to nut and nut products. We will help children who have allergies to nuts to take responsibility as they grow as to what foods they can and cannot eat.

This Policy means that the following items cannot be brought into Worstead preschool

- Tree nuts – Walnuts, Pistachios, Cashews, Brazil nuts, Pecans, Almonds
- Peanut butter sandwiches
- Chocolate spread sandwiches (unless stated nut free on the container)
- Chocolate spread related items such as snack kits (unless stated nut free on the packaging)
- Fruit and cereal bars which contain nuts
- Sesame seeds (in some cases children who have a nut allergy can also have a reaction to sesame seeds)
- Cake made with nuts or containing nuts
- Chocolate bars which may states it might contain nuts
- Coconut/Almond products

We at Worstead preschool will NOT use nut or nut products or products that might contain nuts in any of our food prepared at the setting.

Staff

Staff, volunteers and students must ensure they do not bring in any nut products or consume nut products in the setting and ensure good hand-washing practice is followed.

All products and packaging must be checked for warnings directed at nut allergy sufferer and if the following or similar is displayed the product will not be used in school.

- Not suitable for nut allergy sufferers
- This product contains nuts
- This product may contain nuts traces
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All named first aiders are trained in the use of auto injectors, first aiders are listed in the entrance hallway of the setting with a photograph.

Parents/carers

We ask all parents/carers to notify the preschool of any suspected allergies to nuts or nut products and provide all medical and relevant information. This will include a care plan signed by a medical professional that will be added to a preschool care plan.

Any food contributions made by parents/carers must follow the nut free policy.

Children

All children are reminded of good hygiene and hand washing before eating. During lunch children are reminded to eat only their food which is in their lunch box. All breakfast, snack and lunch times are supervised to minimise risks.

Care plans and emergency response
We have individual care plans for children with allergies. All staff are made aware of these, and they are reviewed by the child's keyworker yearly with a parent/carer. Parents/carers are asked to notify the preschool of any changes, so we can update records and make suitable changes.

Medication
If a child has been prescribed an auto injector (Epipen, jext pen or emrald injector – to name some) it is required that the preschool have one on site at all times, it will be stored in a designated place and only administered by a trained fist aider.

Anaphylaxis
Anaphylaxis (anaphylactic shock) is an allergic reaction/condition that can be severe and potentially fatal.

Symptoms usually occur within three to sixty minutes after contact with the allergen, less common cases have occurred within a few hours.

A reaction may lead to feeling unwell or dizzy and could cause fainting.
Other symptom's

- Breathing difficulties
- Wheezing
- Itching
- Swollen eyes, lips, hands, feet, genitals
- Change in heart rate
- Hives (nettle rash)
- Abdominal cramps, vomiting, diarrhoea, fever

It varies in severity, sometimes mild itching and swelling and other times sudden death.

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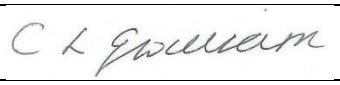
Signed	
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Date:	1st September 2026
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