



## NUT FREE POLICY

At Worstead Preschool our aim is to 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 sufferers 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

*This organisation is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.*

All named first aiders are trained in the use of auto injectors, first aiders are named on the meet the staff board.

### **Parents and Carers**

We ask all parents and 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 or 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 or carer. Parents and 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

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

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Signed	
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