



Food Allergens Policy

Date: February 2015

Date of next review: February 2016

We at Best Start Nurseries Ltd are concerned with a whole nursery approach to the health care and management of the children, staff, parents etc....suffering from specific allergies.

Best Start Nurseries Ltd are aware that children who attend may suffer from food, intolerances / allergies and other such allergies and intolerances such as animals, bee stings etc... We believe that all allergies should be taken seriously and dealt with in a professional and appropriate way.

Best Start Nurseries Ltd does not guarantee a completely allergen free environment, rather: to minimise the risk of exposure, encourage self-responsibility, and plan for effective response to possible emergencies.

The *Statutory Framework* states that the provider must obtain information about any dietary requirements/allergy. As such parents are asked to provide details of allergies in the child's Enrolment Form, which is submitted before starting Nursery in their settling in visits.

AIM:

The intent of this policy is to minimize the risk of any child suffering allergy-induced anaphylaxis whilst at nursery.

The Fourteen key allergens and how we manage and declare these are one of our key focuses throughout the policy.

The underlying principles of this policy include:

- The establishment of effective risk management practices to minimise the student, staff, parent and visitor exposure to known trigger foods and insects.
- Staff training and education to ensure effective emergency response to any allergic reaction situation.
- To build knowledge on the 14 major allergens - how they affect us and foods they are in

Definitions

Allergy - A condition in which the body has an exaggerated response to a substance

(e.g. food and drug) also known as hypersensitivity.

Allergen - A normally harmless substance that triggers an allergic reaction in the immune system of a susceptible person.

Anaphylaxis - Anaphylaxis, or anaphylactic shock, is a sudden, severe and potentially life-threatening allergic reaction to food, stings, bites, or medicines.

Epipen - Brand name for syringe style device containing the drug

Adrenalin,-which is ready for immediate inter-muscular administration.

Minimized Risk Environment- An environment where risk management practices

(E.g. Risk assessment forms) have minimised the risk of (allergen) exposure.

Health Care Plan- A detailed document outlining an individual student's condition treatment, and action plan for location of Epipen.

Procedures and Responsibilities for Allergy Management

General

- The involvement of parents and staff in establishing individual Dietary / Allergy Plans.
- The establishment and maintenance of practices for effectively communicating a child's individual dietary / allergy plans to all relevant staff.
- Staff training in anaphylaxis management, including awareness of triggers and first aid procedures to be followed in the event of an emergency.
- Age appropriate education of the children with severe food allergies.

Medical Information

- We at Best Start Nurseries Ltd will seek updated information via emergency update form at the commencement of each calendar year.
- Furthermore, any change in a child's medical condition during the year must be reported to the nursery.
- For children with an allergic condition, we at Best Start Nurseries Ltd requires parents / guardians to provide written advice from a doctor (GP), which explains the condition, defines the allergy triggers and any required medication.
- Senior Nursery staff will ensure that a Dietary / Allergy Plan is established and updated for each child with a known allergy.
- All staff are required to review and familiarise themselves with the medical information upon children in their immediate care.

- Where children with known allergies are participating in school excursions, the risk assessments must include this information.

The 14 allergens

There are 14 major allergens which need to be declared when used as ingredients .

The change in Law in Decemeber 2014 means that YOU are no longer able to say that you don't know what allergens are in the food we serve.

The following list tells you what these allergens are and provides some examples of foods where they may be found:

Celery This includes celery stalks, leaves and seeds and celeriac. It is often found in celery salt, salads, some meat products, soups and stock cubes.

Cereals containing gluten This includes wheat (such as spelt and Khorasan wheat/ Kamut), rye, barley and oats. It is often found in foods containing flour, such as some baking powders, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and foods dusted with flour. The cereal will need to be declared. However, it is up to you if you want to declare the presence of gluten with this.

Crustaceans This includes crabs, lobster, prawns and scampi. It is often und in shrimp paste used in Thai curries or salads.

Eggs This is often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and foods brushed or glazed with egg .

Fish: This is often found in some fish sauces, pizzas, relishes, salad dressings, stock cubes and in Worcestershire sauce.

Lupin This includes lupin seeds and flour, and can be found in some types of bread, pastries and pasta.

Milk This is found in butter, cheese, cream, milk powders and yoghurt. It is often used in foods glazed with milk, powdered soups and sauces.

Molluscs This includes mussels, land snails, squid and whelks. It is often found in oyster sauce or as an ingredient in fish stews.

Mustard This includes liquid mustard, mustard powder and mustard seeds. It is often found in breads, curries, marinades, meat products, salad dressing, sauces and soups.

Nuts This includes almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia or Queensland nuts. These can be found in breads, biscuits, crackers, desserts, ice cream, marzipan (almond paste), nut oils and sauces. Ground, crushed or flaked almonds are often used in Asian dishes such as curries or stir fries.

Peanuts This can be found in biscuits, cakes, curries, desserts and sauces such as for satay. It is also found in groundnut oil and peanut flour.

Sesame seeds This can be found in bread, breadsticks, houmous, sesame oil and tahini (sesame paste).

Soya This can be found in beancurd, edamame beans, miso paste, textured soya protein, soya flour or tofu. It is often used in some desserts, ice cream, meat products, sauces and vegetarian products.

Sulphur dioxide This is often used as a preservative in dried fruit, meat products, soft drinks and vegetables as well as in wine and beer.

Recording information about ingredients:

When preparing a dish, think about the ingredients you use in your recipe, and then carefully record the ones which are used in each dish. If you are using pre-packed foods as an ingredient in your recipe, please remember that some products (such as tinned or dried food) have a long shelf life. This means that you may see both types of labelling (old and new) being used on these products for a few years after December 2014. Always remember to read the label! To help to identify which dishes contain allergens:

- make sure that your kitchen staff use the same recipes every time
- keep a copy of the ingredient information on labels of pre-packed foods for example, sauces, desserts etc
- keep ingredients in the original containers where possible, or keep a copy of the labelling information in a central place (either on paper or stored electronically)
 - Make sure that all staff are aware of where this allergen information is stored and how it is kept.

All information regarding the allergenic ingredients can be seen next to the menu's in the entrance halls and for more information, these can be found in a food allergy folder in the kitchen area. Please ask if you wish to see this.