

PRECIOUS TIMES CHILDCARE SERVICES POLICIES

Allergies and Allergic Reactions

Statement of intent

Precious Times takes seriously its responsibility to ensure children attending are fully cared for which includes taking into account any allergies or intolerances. Precious Times is aware that children may develop allergies or have allergic reactions to a variety of things.

All staff at Precious Times are fully first aid trained and further training will be available if necessary for example specialist equipment such as an epi-pen.

Staff will be made aware of any new developments in treatment and procedures of allergies by receiving training whenever possible.

Should a child attending Precious Times have an allergy then all staff will be informed of treatment and procedures in case of reactions.

Information about the 14 major Allergens is available in the office which adheres to the Food Standards Agency's Food Information Regulation which came into place in December 2014 (see attached information at the end of policy). All of the food used for children has been checked for these allergens and the information stored in the file in the office labelled Food Allergens.

Procedure

Upon admittance to the setting all parents will be required to fill in a registration form, this form requires you to state any allergies your child has.

This information will then be passed onto all staff with any background information on the allergy itself. This will help all staff to gain an understanding on the allergy and any precautions they may have to take, the information will be placed on the allergy list displayed in the kitchen.

Where applicable training will be given to staff and in some cases the health visitor will be on hand with any advice.

If any medication / treatment (such as an inhaler for asthma) is required to be given to your child to help control / prevent their allergy then you will be asked:-

- To fill in an ongoing medication form and keep us up to date with any changes to their condition or the medication.
- To clearly label the medication with child's full name and the date on it.
- Provide a demonstration of how to administer the treatment. We will seek medical support to train our staff if required.

We will do the following to support your child during their time with us:-

- Information about the child's specific needs will be shared with all staff before the child starts in the setting and displayed on the allergy list in the kitchen.

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- The Nursery Manager will carry out a full Allergy Risk Assessment with the parent where all aspects are discussed and any questions answered to reassure both the parents and staff.
- All food prepared for a child with a specific allergy will be prepared in an area where there is no chance of contamination and served on equipment that has not been in contact with this specific food type, e.g. nuts, dairy
- The Key Person and Parents will work together to ensure a child with specific food allergies receives no food at nursery that may harm them. This may include designing an appropriate menu or substituting specific meals on the current nursery menu.
- The Key Person and Parents will work together to produce a care plan detailing what to do in an emergency situation.

In the event of a child suffering an allergic reaction during our care:-

- A first aid trained member of staff will administer the appropriate treatment (in accordance with the child's care plan) and parents informed. This will be recorded on an incident form
- If this treatment requires specialist treatment, e.g. an epi-pen, then at least two members of staff working directly with the child and the Manager will receive specific medical training to be able to administer the treatment to each individual child
- If the allergic reaction is severe a member of staff will summon an ambulance immediately and follow their instructions.
- Whilst waiting for the ambulance, we will contact the emergency contact and arrange to meet them at the hospital
- A member of staff must accompany the child and collect together registration forms, relevant medication sheets, medication and child's comforter and the child's health care plan
- Staff must remain calm at all times; children who witness an allergic reaction may well be affected by it and may need lots of cuddles and reassurance
- All incidents will be recorded, shared and signed by parents at the earliest opportunity.

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**This policy was adopted at a meeting of Managers and Directors
9th January 2015**

Mrs Kerry L Francis
Miss Kerry L Whitney
Mrs Helen Jackson
Miss Vicki Mckay

Policy revised date	Revised by
09 February 2015	Mrs Kerry L Francis Miss Kerry L Whitney Mrs Helen Jackson Miss Vicki Mckay
24 April 2018	Mrs Kerry L Francis Miss Kerry L Whitney Mrs Helen Jackson

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14 Allergens

Coming to a food label near you



The way allergens are labelled on prepacked foods is changing because of new regulations. The Food Information Regulation, which comes into force in December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:

- 1 Celery**
This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.


- 2 Cereals containing gluten**
Wheat (such as spelt and Khorasan wheat/kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.


- 3 Crustaceans**
Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.


- 4 Eggs**
Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.


- 5 Fish**
You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.


- 6 Lupin**
Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.


- 7 Milk**
Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.


- 8 Molluscs**
These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews


- 9 Mustard**
Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.


- 10 Nuts**
Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.


- 11 Peanuts**
Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.


- 12 Sesame seeds**
These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.


- 13 Soya**
Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.


- 14 Sulphur dioxide (sometimes known as sulphites)**
This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.



For more information, visit: food.gov.uk/allergy or nhs.uk/conditions/allergies
 Sign up to our allergy alerts on [food.gov.uk/email](mailto:food.gov.uk@email), or follow #AllergyAlert on Twitter and Facebook
 Let's keep connected at [food.gov.uk/facebook](https://www.facebook.com/food.gov.uk)
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