



## Nut Free Policy

### Policy statement

Here at Links we aim to practice a **nut free policy** although we recognise that this cannot be guaranteed. This policy serves to set out all measures to reduce the risk to those **children and adults** who may suffer an anaphylactic reaction if exposed to nuts to which they are sensitive. We aim to protect children who have allergies to nuts yet also help them, as they grow up, to take responsibility as to what foods they can eat and to be aware of where they may be put at risk.

Our parents/carers are made aware that we do not allow nuts or nut products within our setting for breakfasts, snacks, lunch boxes, after school snacks etc. Our Nut Free Zone logo will be sited around the setting, on our newsletters, Website and Facebook page.

### Definition

*'Anaphylaxis (also known as anaphylactic shock) is an allergic condition that can be severe and potentially fatal. Anaphylaxis is your body's immune system reacting badly to a substance (an allergen), such as food, which it wrongly perceives as a threat. The whole body can be affected, usually within minutes of contact with an allergen, though sometimes the reaction can happen hours later'.*

### Staff

The **onus** falls on all staff to read and follow this policy both in Links and when out on trips or outings. Staff and volunteers must ensure they **DO NOT** bring in or consume nut products within the setting and ensure they follow good hand washing practice.

- Caution must be taken at certain times of year. Fruit sweets such as Haribo are a better alternative. Particular products that are a cause for concern are: **Celebrations, - Roses, - Heroes, - Quality Street**
- All product packaging must be checked for warnings directed at nut allergy sufferers and if the following or similar are displayed, the product must not be used in the setting.
- **Not suitable for nut allergy sufferers**
- **This product contains nuts**

- **This product may contain traces of nuts**

All staff are trained to administer an Epi Pen.

### **Parents / Carers**

**Must** notify staff of any known suspected allergy to nuts and provide all needed information detailed on their child's individual Healthcare plan.

All ingredients in food in children's lunches must be checked carefully. If you are unsure about a selection please speak to a staff member before bringing in the food item.

**Packaging must be checked for: -**

- **Not suitable for nut allergy sufferers**
- **This product contains nuts**
- **This product may contain traces of nuts**

**This indicates it is unsuitable for consumption on site.**

**Lunch box items will be removed by staff and replaced with healthy snack items if containing nuts or nut products.**

### **Children**

All children are regularly reminded about the good hygiene practice of washing hands before and after eating which helps to reduce the risk of secondary contamination. Likewise, children are reminded and carefully supervised to minimise the act of food sharing with their friends.

### **Health Plans and Emergency Response**

We have individual Healthcare plans for children with allergies and Allergy lists are displayed in the kitchen and on the hatch door. The kitchen is where the food preparation is and located between the Evergreen room and the Acorn Room. Medicine will be stored, administered and documented in accordance with our medication policy.

### **EpiPen storage**

We have made the decision that **the EpiPen will be stored in the medical locker in the main office. All staff are aware of this**

### **Symptoms**

The symptoms of anaphylaxis usually start between 3 and 60 minutes after contact with the allergen. Less commonly, they can occur a few hours or even days after contact.

An anaphylactic reaction may lead to feeling unwell or dizzy or may cause fainting due to a sudden drop in blood pressure. Narrowing of the airways can also occur at

the same time, with or without the drop in blood pressure. This can cause breathing difficulties and wheezing.

### **Other symptoms**

- Swollen eyes, lips, genitals, hands, feet and other areas (this is called angioedema),
- Itching,
- A strange metallic taste in the mouth,
- Sore, red, itchy eyes,
- Changes in heart rate,
- A sudden feeling of extreme anxiety or apprehension,
- Itchy skin or nettle rash (hives),
- Unconsciousness due to very low blood pressure,
- Abdominal cramps, vomiting or diarrhoea, or nausea and fever.

Anaphylaxis varies in severity. Sometimes it causes only mild itchiness and swelling, but in some people, it can cause sudden death. Anaphylaxis can lead to death if breathing becomes severely obstructed or if blood pressure becomes extremely low (known as shock). If symptoms start soon after contact with the allergen and rapidly gets worse, this indicates that the reaction is more severe.

Signed:

Dated: