



Food Allergy and Intolerance Policy

Statement of Intent

At Sandcastle Nursery & Preschool, the health, safety, and well-being of all children are our highest priority. We recognise that food allergies and intolerances can be life-threatening and are committed to providing a safe, inclusive environment where every child's dietary needs are respected and carefully managed.

Aims

- To protect children and staff with known food allergies and intolerances.
- To prevent accidental exposure to allergens.
- To ensure staff are confident in recognising and responding to allergic reactions.
- To promote inclusive practice and support children's individual dietary needs.

Procedures

1. Identification of Allergies and Intolerances

- Parents/carers must provide full details of their child's allergies or intolerances upon registration and keep the nursery updated of any changes.
- A completed **Allergy/Intolerance Care Plan** (signed by parents and, where appropriate, a medical professional) must be in place before a child attends.
- Information will be recorded on the child's registration form, displayed discreetly in the kitchen and the child's room, and shared with all staff working directly with the child.

2. Staff Training and Awareness

- All staff receive training in food allergy awareness and food safety.
- Designated staff are trained in the use of emergency medication (e.g. adrenaline auto-injectors).
- Regular refreshers are carried out to ensure knowledge remains up to date.

3. Food Preparation and Service

- We are an **allergy aware setting**.
- Children are not permitted to bring in outside food unless agreed with management for specific dietary needs.
- Meals and snacks are prepared in line with children's dietary requirements.
- The kitchen team and room staff check allergy information before serving food.





- Separate utensils, equipment, and preparation areas are used where required to avoid cross-contamination.

4. Monitoring and Prevention

- A full ingredients list is checked for all food provided.
- Allergy information is clearly displayed.
- Children are supervised during mealtimes.
- Staff encourage thorough hand washing before and after eating.

5. Emergency Procedures

- In the event of a suspected allergic reaction:
 - Staff will follow the child's Allergy/Intolerance Care Plan immediately.
 - If an adrenaline auto-injector is prescribed, this will be administered without delay.
 - Emergency services (999) will be called and parents/carers notified.
 - An incident form will be completed and reviewed by management.

6. Inclusion and Equality

- Children with allergies or intolerances are included in all activities and mealtimes wherever possible.
- Alternatives will always be provided so that no child feels excluded.

Roles and Responsibilities

- **Parents/Carers:** Provide accurate and up-to-date information and necessary medication.
- **Nursery Staff:** Follow care plans, ensure safe food handling, and monitor children.
- **Management:** Ensure policies, training, and procedures are in place and regularly reviewed.

