

## **Individual Dietary Needs and Food Allergy Policy**

### **Statement of Belief**

It is our duty to ensure the safety of the children in our care. Children may have individual dietary needs due to religious beliefs or health reasons and we will ensure that these needs are met and respected. The implementation of this policy and procedure will ensure that all risks are reduced to a minimum.

### **Statement of Intent**

1. As a child starts nursery their parent/carer completes an entry form. A section of the form asks for details concerning allergies relating to diet and/or religious beliefs.
2. This information is inputted onto the nursery management database. A photo of the child is added to a statement of the child's needs. This is displayed in the nursery kitchen.
3. Staff preparing and/or serving snacks in the nursery are responsible for the safety of the children. They must consult the 'Dietary Needs' chart prior to service.

### **Allergies and Medical Diets**

This policy is only relating to those children who have been medically diagnosed or are under investigation as having an allergy or specific diet due to medical need.

Evidence of the medical condition or allergy and medical advice will be required prior to the child commencing in nursery, this may delay a child's start date if sufficient notice is not given prior to the child commencing with us.

The nursery will not provide a special diet for children who do not have a specific allergy or medical condition and diagnosis has only been made at home. Nursery will though take into consideration advice given by parents/carers of foods to avoid and implications if these are digested whilst in our care.

## **POLICY FOR DEALING WITH ALL ALLERGIES AND ALLERGIC REACTIONS**

Any member of staff who is concerned about a child at the nursery showing any signs of an allergy or allergic reaction, should report it immediately to the Manager or EYT.

All staff must be able to recognise the signs and symptoms for allergies and anaphylactic shock.

- Anxiety
- Red blotchy skin
- Swelling of the face and neck
- Swelling of any other parts of the body (i.e. if allergy to wasp sting, area where sting occurred)
- Puffiness around eyes
- Wheezing
- Rapid pulse

The Nursery First Aiders are qualified in First Aid and have been trained to deal with allergic reactions and anaphylactic shock, details of first aiders are on the first aid cupboard.

\*Anaphylactic shock is a severe allergic reaction that may develop within a few minutes following the injection of a particular drug, the sting of an insect or marine creature or the ingestion of a particular food.

The reaction causes constriction of the air passages. Swelling of the face and neck increases the risk of suffocation\*

If a child goes into anaphylactic shock **CALL AN AMBULANCE**. Support him/her in a position that most relieves his/her breathing difficulty. Loosen any tight clothing at the neck and waist. Talk to him/her calmly and reassure while you wait for the ambulance to arrive. If a child loses consciousness assess his/her condition. If he/she is still breathing place him/her in the recovery position. Be prepared to resuscitate.

All staff should be aware of any child who comes into the nursery with an already known allergy. Sheets must be displayed in the main room and kitchen preparation area.

Everyone must be aware of what the allergy is, the medication that has to be administered and the procedures that need to be followed as identified in the Health Care Plan should the child have an attack.

## **The complaints procedure**

If there is a concern regarding the implementation of this policy in the first instance please follow the complaints policy.

## **Monitoring and Evaluating the policy**

This policy will be reviewed annually or sooner if legislative changes or circumstances deem it necessary.