

Promoting health and hygiene



Nut/Peanut Free Policy

Policy Statement

This setting aims 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 an adverse reaction or more severely an anaphylactic reaction if exposed to nuts to which they are sensitive. The pre-school aims 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, their potential symptoms and to be aware of when they may be put at risk.

We realise the onus is on us as staff to follow this policy both in the pre-school setting and also when we are on outings.

EYFS key themes and commitments

A Unique Child	Positive Relationships	Enabling Environments	Learning and Development
1.4 Health and well-being 1.3 Keeping safe	2.1 Respecting each other 2.2 Parents as partners 2.4 Key person	3.2 Supporting every child 3.4 The wider context	4.4 Personal, social and emotional development

Characteristics of Effective Learning

Playing and Exploring Engagement	Active Learning Motivation	Creating and Thinking Critically - Thinking
-------------------------------------	-------------------------------	--

Procedures

We will request a copy of the specialists treatment guidance management plan, from parents of all children who are nut allergic. If this involves an 'epipen' being carried this will be stored in a named 1st Aid bag kept out of reach of children on a hook by the kitchen hatch.

The pre-school will;

- make sure any cooking ingredients do not include nuts
- ensure children only eat only their own snack, a member of staff will accompany at all food times any child who is nut allergic

- At Monday Club children share snack that they purchase from the shop, staff are aware of all allergies/conditions etc and ensure they are adhered to, as well as all products being nut free
- inform all new parents/carers of this Policy
- we will remind parents/carers on a termly basis of this policy to ensure all new starters are aware of it and all adhere to it
- ensure staff do not bring food containing nuts into the pre-school
- ensure the packaging of all foods provided by pre-school is checked by the Supervisor for warnings directed at nut allergy sufferers and if the following are displayed, the product will not be used in the pre-school without constant supervision of staff and supervised hand washing
 1. *not suitable for nut allergy sufferers*
 2. *this product contains nuts*

We will ask parents/carers

- when preparing snacks and lunches for their children not to include any food containing nuts (e.g. cereal bars and peanut butter) and that packaging is checked for
 1. *not suitable for nut allergy sufferers*
 2. *this product contains nuts*

Any food stuffs that are deemed unsuitable by staff will be removed and replaced with an alternative;

- if bringing in birthday treats/cakes etc. to check the ingredients list to ensure they don't include nuts and are nut safe, staff will ensure that appropriate 'nut free treats' are kept in pre-school for use when in any doubt
- if giving gifts to staff please do not include nuts
- where unsure, the parent of any affected child will be asked for permission/for their thoughts

We will ask children to wash their hands carefully at food preparation, snack and lunch times, this will reduce the risk of secondary contamination.

Anaphylaxis varies greatly in its severity from a mild itchiness to sudden death, therefore we at Rudgwick Pre-school take the matter very seriously.

Further guidance

- Safer Food, Better Business (Food Standards Agency 2008)

This policy was adopted at a meeting of

Held on

ate to be reviewed

Signed on behalf of the management committee

Rudgwick Pre-school

28th September 2023

28th September 2025

William Baldwin

Name of signatory

William Baldwin

Role of signatory

Chairperson
