

Allergy Policy

We work within the Statutory Framework for the Early Years Foundation Stage (EYFS), published by the Department for Education (DfE) in March 2021, effective from September 2021

Merry go Round Day Nursery makes sure allergy lists are held, displaying clearly all children and adults who are allergic or intolerant to food/drinks, substances or medication. All staff are allergy aware and take every precaution to ensure children and adults do not come into contact with allergens. It is the responsibility of parents to inform Merry go Round of any allergen or intolerance on registration. It is the responsibility of staff to inform management of any allergen or intolerance on commencement of employment, and update this information on their personal health form that is kept in their staff file.

Links to:

Childcare Act 2006	Food Standards Agency – Allergy Awareness
Convention on the Rights of the Child, UNICEF 1992	Freedom of Information Act 2000
Data Protection Act 2018	Health Protection Agency Act 2004
Equality Act 2010	Health and Safety at Work Act 1974
Food Safety Act 1990	Public Health Act (Control of Disease)1984
Food Safety Regulations 2013	Public Health Act (Infectious Diseases) Regulations1988

Merry go Round is committed to reducing the risk to children, staff and visitors with regard to the provision and preparation of food or use of equipment which could lead to an allergic reaction.

The nursery is not in a position to guarantee a completely allergen free environment, but rather to minimise the risk of exposure, encourage self-responsibility, and plan for effective response to possible emergencies.

To ensure we reduce the risk of exposure we:

- promote awareness of the nature of food allergens and bring these to the attention of staff.
- provide clear guidance to all staff on their responsibilities for the provision of food and/ or resources and equipment to children, staff and visitors with a confirmed food allergy.
- ensure that appropriate education/training is available and implemented for any staff involved in providing food.

What is a food allergy?

Food allergies involve the body's immune system. The body reacts to certain allergens in food by producing antibodies, which can cause immediate and sometimes severe symptoms such as: itching or strange metallic taste in the mouth; swelling of the throat and tongue; difficulty in swallowing or speaking; abdominal cramps, nausea and vomiting; skin hives (nettlerash) anywhere on the body; and in most extreme cases difficulties in breathing and a severe fall in blood pressure (anaphylactic shock). In extreme cases this can prove fatal.

What is food intolerance?

This does not involve the immune system in the same way and is not usually as severe as a food allergy. Symptoms usually take longer and may include headaches, fatigue and digestive

problems. Food intolerance is harder to diagnose than a food allergy. The person with a known allergen trigger may know what food ingredient will provoke a reaction. However, they may well have eaten this food or a specific dish previously and had no adverse reaction.

Who is at risk?

Anybody can develop a food allergen or intolerance at any time in their life irrespective of whether they have consumed the food previously. A person with an allergy is at risk even if they consume a small amount of the food allergen.

Common Food Allergens

- Celery and products thereof
- Crustaceans and products thereof
- Eggs and products thereof
- Fish and products thereof
- Gluten containing cereals, (i.e. wheat, rye, barley, oats, spelt, kamut or their hybridized strains) and products thereof
- Milk and products thereof (including lactose)
- Tree nuts i.e. almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia nuts and Queensland nuts and products thereof
- Lupin and products thereof
- Molluscs and products thereof
- Mustard and products thereof
- Peanuts and products thereof
- Sesame seeds and products thereof
- Soybeans and products thereof
- Sulphur dioxide and sulphites at concentrations of more than 10 mg/kg or 10 mg/litre expressed as SO₂.

People may report allergies to other foods not on the above list. Most common in the UK are kiwi, peas, other legumes (beans etc), other seeds and other fruits and vegetables. In some cases, people only need to avoid these when raw and can have them cooked.

Other allergy and intolerance (not food)

Common allergies

The more common allergens include:

- grass and tree pollen – an allergy to these is known as hay fever (allergic rhinitis)
- dust mites
- animal dander, tiny flakes of skin or hair
- insect bites and stings
- medicines – including ibuprofen, aspirin and certain antibiotics
- latex – used to make some gloves
- mould – these can release small particles into the air that you can breathe in
- household chemicals – including those in detergents

Grass and Tree pollen

Merry go Round will aim to have all garden maintenance completed outside usual operating hours. Hayfever can be controlled using OTC medication, should the parent or staff member choose to use this.

Dust mites

Merry go Round ensure the rooms are cleaned to a high standard each day to reduce dust.

Animal dander

Merry go Round do not have animals in the building.

Insect bites and stings

Insect bites and stings are treated with a cold compress. Should symptoms of anaphylaxis arise, emergency services will be called by dialing 999.

Medication

On commencement of employment, staff are responsible for including any medication allergy and intolerance to their health form. This must be updated should any other allergy or intolerance arise during their employment.

Gloves (inc latex)

Latex gloves are made of Natural rubber, natural origin material (from rubber tree), while Vinyl gloves are produced with raw Synthetic materials (mainly PVC – Poly Vinyl Chloride-and-Phthalates DINP plasticizers that makes plastics soft and pliable).

Merry go Round do not use latex gloves. We provide powder-free vinyl gloves. In the event of any reaction to glove use an alternative will be sought through our supplier. Staff are responsible to update their health form should they develop a reaction from the use of gloves.

Mould

Merry go Round ensure the rooms are cleaned to a high standard each day to reduce development of mould.

Household chemicals

Merry go Round provide cleaning chemicals that are suitable for use within nursery. All chemicals are clearly labelled and risk assessments for each product have been completed and are held in the Risk Assessment file, which includes information on proper usage for both neat and diluted substances. COSHH forms are held in the Risk Assessment file. It is staff responsibility to inform management if they may react to any of the ingredients in cleaning chemicals.

Responsibilities

Parents, staff and visitors are required to clearly and accurately communicate food allergies and intolerances, and allergies and intolerances to substances and medication.

Staff Training

All staff are trained in Food Hygiene and Allergy Awareness. Staff are aware of the signs and symptoms of an allergic reaction and emergency response procedures.

Kitchen

- Equipment/utensils used in the preparation of food for people with a food allergy are cleaned
- according to standard procedures, which under normal circumstances should be sufficient.
- A specific area of the kitchen will be sought for the preparation of any food for someone with a food allergy. The area will be sanitised before it is used to prepare food. Separate identifiable chopping boards.
- All food produced for people with food allergy or intolerance will be placed away from other
- food and covered in cling film. It will then be clearly marked with the person's diet.
- Normal food handling procedures should apply (e.g. washing hands, wearing disposable gloves
- and aprons).
- Staff are aware to keep serving utensils separate to avoid cross contamination.
- All tables are cleaned with an appropriate solution.

Adoption Date: 1st September 2020.

Signed:

Nm Orel .

Annual Review

Reviewed 1st September 2021

Reviewed 1st September 2022

Reviewed 1st September 2023

Next review 1st September 2024