

Allergy and Intolerance Policy

Springboard Nursery make every effort to ensure that food allergies, food intolerances and dietary preferences are met.

We do not intentionally use products that contain nuts or nut by-products within our food. Constant provision allows us to always be aware of changes to existing and new products used within the nursery.

Springboard Nursery and parents/ carers share responsibility of managing children with allergies and intolerances to food. Everyone within the nursery will ensure that children only receive food that is suitable to their diet.

All 'allergy advice' for the food used in our menus is clearly stated for parents to see, including an allergen coding chart. We work closely with any third party necessary when designing our 3 week rolling menus, this is to make sure all ingredients used meet the Food Standards Agency's approval.

It is essential that parent/ carers inform us, in writing, of any dietary restrictions which apply to their children and make it clear whether an allergy is involved. All food intolerances or allergies must be stated on the child's enrolment form. In any case there is a food allergy, we will agree an individual health care plan with the parent/ carer and child's key worker.

The 14 Common food allergens include: -

- Cereals containing gluten
- Crustaceans and products thereof
- Fish and products thereof
- Nuts and products thereof
- Soybeans and products thereof
- Milk and products there of (including lactose)
- Celery and products thereof
- Mustard and products thereof
- Sesame seeds and products thereof
- Sulphur dioxide and Sulphites
- Lupin
- Molluscs
- Peanuts
- Eggs and products thereof

Each child with any dietary restrictions will have an individual healthcare plan (IHP) which is then visible to all room staff and kitchen staff. Please ensure a child's IHP is signed by a parent/carer. All Healthcare plans must be updated and signed by a parent/carer before any changes can be implemented. All IHPs are reviewed every 3 months, or sooner if required.

Springboard Nursery, Policies and Procedures



All meals for children with dietary requirements are prepared and/or cooked separately to avoid any cross contamination. All cooking utensils are thoroughly cleaned after use and put through a sanitising cycle to remove any traces of potential allergens. All work surfaces are wiped using antibacterial spray before and after use.

Any meal made for a child with an allergy, intolerance or preference should always be identified stating the child's name, this is to ensure all children are given the correct meals. Kitchen staff should check the 'Dietary Requirements' board at the beginning of each meal preparation, it should also be checked with room seniors to ensure that all children with dietary requirements have been catered to.

A 'Dietary requirements' display is visible in the kitchen; this shows the children with any dietary requirements and days attended. Each room is called daily to check attendance of these children.

Springboard nurseries ensure that all allergies, religious or cultural preferences are treated with the exact same care. However, we reserve the right to take extra precautions for matters which can be dangerous to health.

Springboard Nursery uses fresh meat and fish products, there is always a risk of any smaller bones remaining, although we do make every effort to ensure that all such items are removed.

Springboard Nursery will not accept homemade cakes/buns/biscuits etc, as the ingredients cannot be formally verified. Any food stuffs brought into the nursery must be shop bought and in unopened packets so kitchen staff can be sure of all ingredients.

Allergy and preferences displayed in each room with colour coded key: -

- Red - Allergy
- Green - Religion
- Blue - Preference

Use of food in the rooms for activities may be restricted depending on the allergies. Where appropriate alternative ingredients will be substituted.

This policy was implemented by Springboard Management Team: please note all policies and procedures will be reviewed on a yearly basis, unless there is a need to implement changes prior. Please note any updates and changes will be forwarded by email.

Date: 01.09.2023