

Springboard Nursery: Allergy & Intolerance Policy

Here at Springboard Nursery, we make every effort to ensure that we assist with food allergies, food intolerances and dietary preferences.

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 play a part in ensuring that children only receive food that is suitable to their diet.

All 'allergy advice' for the food used in our menus must be clearly stated for parents to see, including an allergen coding chart. We will 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 parents 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 and child's key worker.

Common food allergens include: -

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

Each child with any dietary restrictions will have an individual healthcare plan which is then visible to all room staff and kitchen staff. Please ensure a child's individual healthcare plan 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 (individual healthcare plans) are reviewed every 3 months, or sooner if required.

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 dishwasher 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. Meals will be served in the kitchen on a colour coded place mat, Red for Allergy, Green for religion and blue for preference. The meal will be on a plate on a place mate, covered in foil



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with a sticker on of the child's name, also the name of the child will be written on the place mat. It is the responsibility of the kitchen staff to hand deliver the child's meal and hand over to the practitioner taking care of the specific child. The practitioner must then check the ingredients (ingredient list will be given to the practitioner to check before the ingredients get sent home in the child's bag) with the cook prior to feeding the child the meal. Kitchen staff should check the 'Dietary Requirements' list at the beginning of each session, it should also be checked with room seniors to ensure that all children with dietary requirements have been catered for. The daily list will be checked weekly by the senior practitioners for any changes.

A 'Dietary requirements' list is visible in the kitchen; this shows the children with any dietary requirements and the days they attend. Each room is called daily to check this information is correct.

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

As 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.

We cannot accept homemade cakes/buns/biscuits etc, as we cannot be sure of the ingredients in these. Any food stuffs brought into the nursery must be shop bought 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 various activities may need to be restricted depending on the allergies of particular children. Often an appropriate alternative ingredient can be substituted.

This policy was implemented by Caroline Davis: please note all policies and procedures will be reviewed on a yearly basis, unless there is a need to implement changes prior

Print Name: Caroline Davis

Signature: CDAVIS

Date: 02.06.2021