



St Bede's Childcare Ltd
Allergen Management Policy

EYFS Legal Requirement:

Providers must obtain information about any dietary requirements, preferences, food allergies or intolerances and ensure that all staff are aware of and meet these needs. (EYFS 2024, 3.55)

Policy Statement

St Bede's Childcare is committed to ensuring the safety and wellbeing of all children with food allergies or intolerances. We recognise that allergies can be life-threatening and therefore take all reasonable steps to minimise risk and respond effectively in the event of an allergic reaction.

Allergen management is treated as a **safeguarding and health priority**.

This policy should be read alongside our **Food and Nutrition Policy**, **Health and Wellbeing Policy**, and **Safeguarding and Child Protection Policy**.

Aims

We aim to:

- Protect children from exposure to allergens
- Ensure all staff are aware of children's dietary needs
- Provide safe food and eating environments
- Respond quickly and effectively to allergic reactions
- Work in partnership with parents/carers and health professionals

Identification of Allergies

- Information about allergies and intolerances will be obtained:
 - Before a child starts
 - Through registration forms and discussions with parents/carers
- We will:
 - Accept both **medically diagnosed and parent-reported allergies**
 - Record all information clearly

Individual Allergy Care Plans

- A written **Allergy Care Plan** will be created for each child with an allergy
- This will include:
 - Known allergens
 - Signs and symptoms of a reaction



- Required medication (e.g. antihistamine, EpiPen)
 - Emergency procedures
- Care plans will be:
 - Shared with all relevant staff
 - Reviewed regularly

Food Preparation and Handling

We will:

- Clearly identify and label allergens in all food
- Avoid cross-contamination by:
 - Using separate utensils and preparation areas where possible
 - Cleaning surfaces thoroughly before and after food preparation
- Ensure staff:
 - Check ingredients carefully
 - Follow safe food handling procedures

Natasha's Law Compliance

- All pre-packed foods prepared on site will be:
 - Clearly labelled
 - Include a full ingredient list with allergens highlighted

Staff Awareness

- All staff will:
 - Be informed of children with allergies
 - Receive training on:
 - Allergy awareness
 - Recognising symptoms
 - Emergency response
- Allergy information will be:
 - Clearly displayed in food preparation areas (without breaching confidentiality)

Mealtimes and Supervision



- Children with allergies will be:
 - Closely supervised during mealtimes
 - Supported to eat safely
- Staff will:
 - Ensure children do not share food
 - Be vigilant at all times

Medication and Emergency Response

- Emergency medication (e.g. EpiPens) will be:
 - Easily accessible
 - Clearly labelled
 - Stored safely
- Staff will be trained in:
 - Administering emergency medication

In the event of an allergic reaction:

- Staff will:
 - Follow the child's care plan immediately
 - Administer medication if required
 - Call **999** in an emergency
 - Inform parents/carers immediately
- The incident will be:
 - Recorded
 - Reviewed

Safeguarding

- Allergies are treated as a **health and safeguarding responsibility**
- Any concerns about a child's safety must be reported to the **Designated Safeguarding Lead (DSL)**
- The setting will always act in the **best interests of the child**

Working with Parents/Carers

We will:



- Work closely with parents/carers to:
 - Understand the child's needs
 - Update care plans
 - Ensure appropriate food is provided
- Ask parents/carers to:
 - Provide up-to-date medical information
 - Supply prescribed medication where required

Visitors and Food from Home

- Food brought into the setting must:
 - Be agreed in advance
 - Meet allergy requirements
- Parents/carers will be informed of:
 - Restrictions where necessary

Monitoring and Review

- Allergy management procedures will be regularly reviewed
- Staff training will be updated as needed
- This policy will be reviewed annually