ALLERGIES AND SAFER EATING POLICY

STATUTORY
Review date: Summer 2027

AUGHTON EARLY YEARS CENTRE
ALLERGIES AND SAFER EATING POLICY

At Aughton Early years we are committed to provide a safe, inclusive, and healthy environment for all children. We recognise that allergies are increasingly common and can be life-threatening. Our policy ensures that all staff are trained, procedures are strictly enforced, and parents are fully supported to minimise the risk of allergic reactions.

EYFS & Benedict's Law Compliance

This policy aligns with the safeguarding and welfare requirements of the EYFS Framework. We additionally follow the overarching principles of **Benedict's Law** (and the Allergy Safety in Schools statutory guidance) by ensuring:

- **Designated Lead:** The SENDCO will oversee allergy safety and policy reviews
- **Mandatory Staff Training:** All relevant staff will undergo regular, certified allergy and anaphylaxis training
- **Individual Healthcare Plans (IHPs):** Every child with a known allergy has a documented IHP co-created with parents and medical professionals
- **Risk Assessments -** Every child with an allergy/intolerance will have an individual risk assessment that is shared and agreed with parents/carers. Information included is the allergen, type of reaction, what to do in an emergency and control measures
- **Policy Accessibility:** This policy is reviewed at least annually and made publicly available to parents.

Identification and Information Sharing

- **Admission Process:** Before a child starts at the Centre, parents must disclose on the registration form, any known allergies, food intolerances, or special health requirements
- **Allergy Register:** An up-to-date allergy register and a photograph of each child and details of their specific allergen, will be prominently displayed in their base
- **Menu Management:** An adapted menu that informs staff of individual children, their specific allergens and the sessions they attend will be displayed in the main food preparation area.

Safer Eating

- **Seating:** Children will be seated safely in an appropriately sized chair
- **Supervision:** A member of staff will be sat with the children whilst they are eating
- **Choking:** Any choking incidents that require intervention will be recorded and parents/carers informed. Appropriate actions will be taken to address any identified concerns
- **Food preparation:** Staff preparing food will be trained in food hygiene.

Reducing the Risk of Exposure

- **Food Preparation & Snacks:** Staff must ensure that all stored food is correctly labelled, and containers are thoroughly cleaned before use. Special dietary meals must be prepared and served separately from standard meals to avoid cross-contamination
- **The 14 Major Allergens:** We comply with food business laws, ensuring details of the 14 major food allergens are known, tracked, and accessible to parents and staff
- **Food Sharing:** Staff ensure that children do not share food, snacks or drinks

- **Food brought into the Centre:** Staff will check any food that is brought into the Centre and ensure it is in the original packaging with any high-risk allergens clearly labelled (e.g.nuts)
- **Crafts:** Any food products used for craft activities, for example using flour to make playdough, must be risk-assessed. Alternative materials must be used if they pose a risk to a child with an allergy.

Medication and Emergency Response

- **Individual Emergency Kits:** Children with severe allergies must have their prescribed, in-date emergency medication (e.g. Adrenaline Auto-Injectors (AAIs) such as EpiPens) kept on-site at all times
- **Accessibility:** Emergency medication must **never** be locked away. It must be kept in the room where the child is playing, out of reach of children, but instantly accessible to staff
- **Staffing Ratios:** A member of staff with a valid Paediatric First Aid (PFA) certificate (and specific anaphylaxis training) must be on-site at all times
- **Training:** A member of staff with a valid Paediatric First Aid (PFA) certificate (and specific anaphylaxis training) must be present in the room when children are eating.

Incident Reporting and Review

- In the event of an allergic reaction, staff will immediately follow the child's IHP and dial 999 if anaphylaxis is suspected
- Parents will be notified immediately
- Following any allergic reaction or "near miss", the Centre's named Allergy Lead will review the incident, clarify the cause and update the setting's risk assessments and policy as necessary.

OFSTED contact – 0300 123 1231 or www.ofsted.gov.uk

Signed: *Andrea Smith*
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