



# Nut Free Policy

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## **Purpose**

Our major concern is the safety and wellbeing of all children, staff, families and the visiting community.

We aim to provide a nut free environment for the safety of children who have anaphylactic allergies triggered by nuts in any form. Anaphylaxis is the most severe form of allergic reaction

It is potentially life-threatening and always requires an Emergency response.

The key to preventing an anaphylactic reaction is to avoid exposure to the trigger.

## **Policy Statement**

Little Footsteps Occasional Care Centre is a nut free centre and as such all nut products will be removed from children's lunch boxes. This is to ensure the health, safety and wellbeing of all children, families and educators coming to the service.

To minimise the risk factors at Little Footsteps Occasional Care:

- Do not send nuts in your child's lunch box or backpack, even if nuts are not harmful to your child, as your child will not be allowed to eat nuts while in care
- Do not send foods containing nuts or peanut products, in particular:
  - peanut butter sandwiches, dips or Crackers
  - hazelnut spread (Nutella) sandwiches or dips
  - biscuits and Cakes containing nuts
  - muesli bars with nuts
  - chocolate bars containing nuts (e.g. Snickers)
  - dried fruit and nut mix snack packs
- Ensure that your child's hands and face are thoroughly washed with a damp cloth if they have eaten these foods for breakfast before coming to care, as peanut residue can also trigger a reaction
- Check food labels to ensure that nuts are Not stated in the ingredients before packing lunch boxes

## **Procedure**

- As anaphylaxis is a treatable condition, all staff have regular training that includes the use of an EpiPen in the event that emergency treatment is required.
- Parents of children who have a known allergy to nuts/peanuts must notify all staff about the severity of the child's allergy before attending Little Footsteps Occasional Care
- Medications supplied must be in the original container, with a written plan and verbal instructions given to staff members.
- Children with anaphylaxis will provide own epi pen (please see anaphylaxis policy)
- Foods containing nuts will be removed from children's lunch boxes and kept in the kitchen to be returned to parents on arrival.
- Parents bringing food with nuts in it will be given a copy of this policy by educators
- All lunchboxes are to be checked by educators for nut products before being given to the children.