



## Diet and Allergy Policy

**It** is the policy of The Close Day Nursery School that, whilst healthy eating will be promoted at every opportunity, all allergy, cultural and dietary requirements will be followed. At all times individual and special requests made by parents / carers will be followed as far as is humanly possible.

The Close Day Nursery School is proud of its ability to meet the individual needs of all of the children in its care and at no time will any member of staff put any child in danger by not adhering to the wishes of its parents / carers.

All parents / carers both at the first meeting and at the point of registration are required to inform The Close Day Nursery of any allergies or special dietary requirements that they will expect our staff to be aware of. They are also informed at the first meeting that we are a nut free zone, and, provided we are aware in writing of special needs, their wishes will always be followed.

Measures that are in place to allow this policy to be carried out are:

- Registration form which must be completed in full. If a child has any form of allergy or dietary requirement then it must be written down (even if the child is not particularly likely to come into contact with that substance at Nursery). The nursery room leaders then will create a wall chart listing all special requirements for all staff to see.
- If a child has more severe allergies i.e. to nuts or milk then parents are advised to seek the assistance of their health visitor to ensure that the correct training is provided to staff and that it is recorded and dated when it takes place. This is particularly useful for all concerned and is always required if a child might need urgent medication to be administered e.g. EpiPen use. It is the responsibility of the owner and the manager to ensure that a suitable box is provided that is clearly labeled for the storage of any such medication and that the correct paperwork and consent forms are stored. These should be dated and reviewed as necessary. This box is kept in the room the child attends and is stored at a high enough level so as to be safe but easily accessible in the case of an emergency.
- On admission all staff are made aware of the child's individual requirements and all staff are aware that if they are in any doubt as to the suitability of a particular food product or ingredient in items such as paint in the case of skin complaints, then parental consent should be sought prior to its use. A good way of doing this is to show the contents list to the parent / carer. Again if there is any doubt in the minds of staff then the child should not be given that item of food or asked to come into contact with the paint or glue etc.

### **Provision of mid-session snacks.**

As a matter of policy we aim to provide each child with a mid-session snack that is both nutritious and attractive.

Squash is not routinely provided, we offer water or milk. All milk that is offered is semi-skimmed (full fat for the baby room) and is delivered daily to the nursery. Soya /Almond /coconut milk is also available.

Normally The Close Day Nursery provides a variety of snacks based on a rota including fruit, vegetables, milk based foods and hot or cold foods. There is always the fall back option of sweet or savoury biscuits or fruit as an alternative at snack time. This is explained to all parents / carers on their initial visit. At certain times we vary this to coincide with particular themes or festivals and parents / carers are also made aware of this. In any case all food offered will meet the criteria noted previously and if there are any doubts then it will not be offered until prior consent is given by that parent /carer.

### **Flexibility**

At all times we will as far as is possible meet every child's individual needs. To demonstrate this we had a child admitted who suffered very severely from both nut and dairy allergies together with unfavourable reactions to many other food ingredients.

In order for the child's safety and for the peace of mind of his mother we allowed her to provide suitable snacks for the whole of the class at snack time, providing that this did not compromise any other child's requirements. This food was clearly labeled and was kept entirely separate from other foods and was only used when he attended.

This had two basic effects

- 1) there was no possibility of him touching food he would be allergic to; and
- 2) he was not made to feel different although we and his mother make him fully aware of his condition.

As he is getting older he is beginning to take responsibility for this.

### **Planning**

At the weekly planning meeting all activities are discussed and if it felt that a particular activity would have an adverse effect on a particular child i.e. table painting for a child with severe eczema, then it would be rescheduled for another session. Thought and consideration for each child is always given and activities are always planned with the very best of intentions so as not to discriminate but rather than to include as many as possible.

### **Special Occasions.**

At certain times of the year such as Christmas we have parties and consequently party type food. This is usually donated by parents and is always asked to be nut free. Parents who may be concerned about their child having something given to them that they may not wish them to have, are always encouraged to accompany their child, provide their own individual party food or they have the choice not to include them if they so wish.