

Allergies and food intolerance

Before a child starts at The Little Acorns Preschool (Chelmsford), parents/carers are asked if their child has any known allergies or food intolerance. This information is recorded on the registration form. **On going discussions must take place with parents/carers and where appropriate health professionals to develop allergy action plans for managing any known allergies and food intolerances. This information must be kept up to date on a child's registration form and shared with all staff.**

- **All staff must be aware of the symptoms and treatments for allergies and anaphylaxis and the difference between allergies and food intolerances**
- If a child has an allergy or food intolerance, a risk assessment form is completed with the following information:
 - the risk identified – the allergen (i.e. the substance, material or living creature the child is allergic to such as nuts, eggs, bee stings, cats etc.)
 - the level of risk, taking into consideration the likelihood of the child coming into contact with the allergen
 - control measures, such as prevention from contact with the allergen
 - review measures
- Health care plan form must be completed with:
 - the nature of the reaction e.g. anaphylactic shock reaction, including rash, reddening of skin, swelling, breathing problems etc.
 - managing allergic reactions, medication used and method (e.g. EpiPen)
- The child's name is added to the Allergy list
- A copy of the risk assessment and health care plan is kept in the child's personal file and is shared with all staff and is also kept in Food/Nutrition folder.
- Parents/carers show staff how to administer medication in the event of an allergic reaction.
- Generally, no nuts or nut products are used within the setting.
- Parents/carers are made aware, so that no nut or nut products are accidentally brought in.
- Any foods containing food allergens are identified.

Oral Medication

- Oral medication must be prescribed or have manufacturer's instructions written on them.
- Staff must be provided with clear written instructions for administering such medication.
- All risk assessment procedures are adhered to for the correct storage and administration of the medication.
- The setting must have the parents/carers' prior written consent. Consent is kept on file.

For other life-saving medication and invasive treatments please refer Administering medicine policy.

This policy was adopted by The Little Acorns Pre-school

Date: 30 September 2025

Signed on behalf of the pre-school _____

Name of Signatory _____

Role of Signatory _____