

Allergy Policy

Before a child is admitted to the setting the provider must obtain information about any special dietary requirements, preferences, food allergies and intolerances that the child has, and any special health requirements. This information must be shared by the provider with all staff involved in the preparing and handling of food. At each mealtime and snack time providers must be clear about who is responsible for checking that the food being provided meets all the requirements for each child. (3.64 EYFS 2025)

Bright Kids is committed to reducing the risk to staff and children with regards to the provision of food and the consumption of allergens in food which could lead to an allergic reaction.

Information from a parent must be shared and all staff involved with in the preparing and handing of food. At each mealtime and snack time staff must be clear about who is responsible for checking that the food being provided meets all the requirements for each child.

Allergy plans must be in place to manage any known allergies or intolerances. This information must be kept up to date by the manager in charge.

Bright Kids is not in a position to guarantee a completely allergen free environment, rather to minimise the risk of exposure, encourage self-responsibility, and plan for effective response to possible emergencies. Staff need to be aware that children can develop a allergy or intolerance at any time.

What is a food allergy?

Food allergies involve the body's immune system. The body reacts to certain allergens in food by producing antibodies, which can cause immediate and sometimes severe symptoms such as: itching or strange metallic taste in the mouth; swelling of the throat and tongue; difficulty in swallowing or speaking; abdominal cramp, nausea and vomiting; skin hives (nettle rash) anywhere on the body; and in extreme cases difficulties in breathing and a severe fall in blood pressure (anaphylactic shock). In extreme cases this can prove fatal.

What is food intolerance?

This does not involve the immune system in the same way and is not usually as severe as a food allergy. Symptoms usually take longer and may include headaches, fatigue and digestive problems.

Who is at risk?

Anybody can develop a food allergen or intolerance at any time in their life irrespective of whether they have consumed the food previously. A person with an allergy is at risk even if they consume a small amount of the food allergen.

Common Food Allergens

- Cereal containing gluten, (i.e. wheat, rye, barley, oats, spelt, etc...)
- Crustaceans and products thereof
- Eggs and products thereof
- Fish

- Peanuts
- Soybeans
- Milk,
- Nuts i.e. almonds hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia nuts, etc.
- Celery
- Mustard
- Sesame seeds
- Sulphur dioxide and sulphites
- Lupin
- Molluscs

People may have allergies to other foods not on the above list. Most common in the UK are kiwi, peas, other legumes (beans etc), other seeds and other fruits and vegetables. In some cases, people only need to avoid these when raw and can have them cooked.

Before a child starts nursery, parents should provide written information of the child's symptoms, any severe incidents and provide medicine to be given in the event of an allergic reaction. A letter of consent to administer medication in an emergency must also be obtained and kept on file.

Dietary requirement sheets will be displayed in all rooms and in the kitchen. Children's photo, name and needs must be stated and if they have a severe allergy this must be clearly noted. Parents are expected to update us if a child's condition changes at any point, particularly during the re-introduction of previously banned foods.

Children with allergies, food intolerances, religious preferences or ingredients that they cannot have whatever the reason will have their food substituted when needed and labelled to prevent confusion.

When a child experiences a choking incident that requires physical intervention, staff should record details for children as necessary.

Review of Policy

This policy is reviewed annually.

Review date – December 2026

Allergen Identification Table

The examples given are not exhaustive

Allergen	Used in
Cereals containing gluten e.g. Wheat, Rye, Barley, Oats, Spelt and Kamut	<p>Bread, wheat flour, biscuits, crackers, paste, breakfast cereals (including items like breadcrumbs and batter), cakes, pastry, semolina, soya sauce</p> <p>It is also found in many processed foods such as soups, gravies, sauces, sausages, haggis, fish cakes and all processed foods must be checked to ensure they are gluten free.</p>
Celery and Celeriac e.g. Stalks, Seeds and Leaves	Salads, soups and celery salt, stock cubes, stew pack, some meat products.
Eggs e.g. Hens, Duck, Turkey Quail, Goose, Gull and Guinea Fowl	Cakes, sauces, pasta, mayonnaise, glazed produces, some meat products (e.g. meatloaf, used as a binder), quiche, mousse, foods brushed with egg, Quorn.
Fish, Crustaceans and Molluscs e.g. all Fish, Prawns, Lobster, Crab, Clams, Oysters, Mussels and Langoustine	Soy and Worcestershire sauce. Thai fish sauce, relish, some salad dressing, fish extracts, oils and paste.
Milk. e.g. Cows, Sheep and Goat	<p>Milk powder, yoghurt, butter, margarine, cheese, cream, ghee, milk glazed products, ice cream, custard and other milk puddings.</p> <p>Milk powder and milk products are used in many manufactured products.</p> <p>Some processed meats, chocolate, some canned fish, Quorn.</p>
Mustard	Mustard paste, seeds, leaves, flour, salad dressing, marinades, soups, sauces (e.g.

Allergen	Used in
	cheese sauce), curries, some meat products, occasionally cheese sauces.
Peanuts	Arachis or groundnut oil, peanut flour, satay sauce, refined peanut oil. Cakes, biscuits, ice cream desserts, breakfast cereal, salad dressing, confectionary and vegetarian products.
Other nuts e.g. Walnuts, Cashew, Pecan, Brazil, Pistachio, Macadamia, Queensland, Almonds, Hazelnut, Pinenut, Chestnut	Cakes, biscuits, sauces, desserts, bread, crackers, ice cream desserts, praline (hazelnut), some choc spreads, nut butters, essences and oils, marzipan and frangipane (almond), pesto, nut salad dressing, breakfasts, confectionary, vegetarian products.
Sesame seeds	Oil or paste, tahini, houmous, furikake, gomashio, bread
Soya e.g. Flour, Tofu, Beancurd, Textured Soya Protein, Soy Sauce and Edameme Beans	Tofu, textured vegetable protein, soy sauce, soy bean flour used in cakes, biscuits, pasta, burgers, sausages, confectionary. Dairy products made from soya beans including soya milk and some ice creams.
Sulphur Dioxide and Sulphites	Some meat products, stock cubes, bouillon mix, fruit juice drink, dried fruit/vegetables, wine, beer, cider.
Lupin Seeds and flour	Some types of bread and pastries, e.g. waffles particularly those manufactured in France and Belgium)