



3 Allergies and food intolerance

At Summertime Nursery, we are committed to providing a safe, inclusive environment for all children. We recognise that some children may have allergies or food intolerances which require careful management to ensure their health, safety, and wellbeing.

This policy outlines how we identify, record, manage, and respond to allergies and intolerances in line with EYFS statutory requirements and best practice guidance.

Gathering Information

- Before a child starts at Summertime Nursery, parents/carers are asked to provide details of any known **allergies or food intolerances** on the registration form and the definition confirmed.
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- This information is recorded, kept up to date, and shared with all relevant staff.
- Ongoing discussions between parents/carers and staff are essential to ensure children's safety and to manage allergies or intolerances effectively.

Staff Awareness and Training

- All staff must be aware of the difference between **allergies and food intolerances**.
- All staff complete **12-hour Paediatric First Aid training**, which includes symptoms and treatments for allergic reactions and anaphylaxis.
- Training and updates are provided as necessary to ensure staff remain confident in supporting children with allergies.

Procedures for Children with Allergies or Food Intolerances

- The child's name is added to the **Food Allergies and/or Medical Conditions displays** in the kitchen and classrooms.
- The specific **allergen** (e.g. nuts, eggs, bee stings, cats, etc.) is clearly identified.
- Foods and products containing allergens are identified on:
 - Food labels at snack times before cooking activities and on, Craft and sensory/messy play materials

Severe Allergic Reactions

If a child has a severe allergy:

- An **Allergy Action Plan** and **Health Care Plan** are completed with parents, signed, and shared with all staff.
- Risks and procedures are regularly reviewed and updated.
- Control measures are implemented, including where necessary restricting allergens from entering the setting (e.g. a complete nut ban).
- The **nature of the reaction** (rash, swelling, breathing difficulties, anaphylaxis, etc.) is recorded and staff are made aware.
- Staff receive additional training where necessary (e.g. use of an **EpiPen**).
- Copies of the **Allergy Action Plan, and Health Care Plan** are kept in the classroom and kitchen and accessible to all staff.

Medication Procedures

- Medication must be **prescribed** or accompanied by clear **manufacturer's instructions**.
- Parents/carers must provide clear **written instructions** for administration.
- Medication is stored and administered in line with nursery **medication and risk assessment procedures**.
- Parents/carers must give **written consent** before staff administer medication.

Additional Measures

- Children are not permitted to **share food**.
- Written risk assessment.
- Staff ensure that children with allergies are included and not made to feel left out while maintaining safety.
- Day trips are **planned in advance** to ensure appropriate care plans and medication are in place.
- Cross-contamination prevention procedures in the kitchen are followed in line with Section 6 of the Food Hygiene Policy and will be reviewed and extended if a child with severe allergies attends.

Catherine White Manager
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