

Bishopsteignton Pre-School Playgroup  
Horn's Park  
Bishopsteignton  
Devon  
TQ14 9RP  
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Email: [bishop.preschool@outlook.com](mailto:bishop.preschool@outlook.com)



## Nut Free Policy

### Definition

Anaphylaxis (also known as anaphylactic shock) is an allergic condition that can be severe and potentially fatal.

Anaphylaxis is your body's immune system reacting badly to a substance (an allergen), such as food, which it wrongly perceives as a threat. The whole body can be affected, usually within minutes of contact with an allergen, though sometimes the reaction can happen hours later.

### Preventing anaphylaxis in our setting

At our pre-school we operate a nut free policy. This is in order to safeguard and protect children, staff, parents and volunteers who are known to or may suffer an allergic reaction if exposed to nuts.

All parents/carers are made aware of this policy, a copy of which is included in our welcome pack.

We will speak to parents of any children who join the setting who have a nut allergy to establish the severity of the allergy and put in place a risk assessment.

We ask parents/carers not to bring items containing nuts onto the premises and ask them to be vigilant when preparing children's lunch boxes to ensure that pre-packaged products do not contain nuts.

If a food containing nuts is inadvertently put into a child's lunch box, this product would not be eaten by the child on the premises and we place a note in the lunch box to remind parents of our no nut policy.

Foods made from or containing nuts include: Peanut butter, chocolate spread (often contains hazelnut, please check label) cereal bars containing nuts, cakes containing nuts eg almond slice, biscuits containing nuts, sesame seed rolls and bars, some types of houmous.

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We make sure when baking with the children that cooking ingredients do not include nuts.

Caution is taken at times of celebration such as children's birthdays, Easter and Christmas. When distributing confectionary, seasonal foods and birthday cake, care is taken to ensure that no nuts are included in the product. Walnut Whips and Celebrations, Roses, Heroes and Quality Street packs contain some chocolates containing nuts.

Staff do not bring packed lunches containing nuts onto the pre-school premises.

### **Symptoms**

The symptoms of anaphylaxis usually start between 3 and 60 minutes after contact with the allergen. Less commonly, they can occur a few hours or even days after contact.

An anaphylactic reaction may lead to feeling unwell or dizzy or may cause fainting due to a sudden drop in blood pressure. Narrowing of the airways can also occur at the same time, with or without the drop in blood pressure. This can cause breathing difficulties and wheezing.

### **Other symptoms**

Swollen eyes, lips, genitals, hands, feet and other areas (this is called angioedema), itching, strange metallic taste in the mouth, sore, red, itchy eyes, changes in heart rate, a sudden feeling of extreme anxiety or apprehension, itchy skin or nettle-rash (hives), unconsciousness due to very low blood pressure, abdominal cramps, vomiting or diarrhoea, or nausea and fever.

Anaphylaxis varies in severity. Sometimes it causes only mild itchiness and swelling, but in some people it can cause sudden death. Anaphylaxis can lead to death if breathing becomes severely obstructed or if blood pressure becomes extremely low (known as shock). If symptoms start soon after contact with the allergen and rapidly get worse, this indicates that the reaction is more severe.

Where a child has a known nut allergy, the child's key person and other staff members will be given training in the use of an epipen. We will always ensure that at least one staff member with this training is on site when the child

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attends the setting and that their epipen is on site. Please also refer to our Administration of Medicines policy.

Signed on behalf of Committee	
Date	