



Nut Allergy Policy

St Giles Nursery School aims to be a nut free Nursery.

The Nursery school aims to protect children who have allergies to nuts yet also help them, as they grow up, to take responsibility as to what foods they can eat and to be aware of where they may be put at risk. We do not allow nuts or nut products in school lunch boxes.

We hope this will reduce the risk of any child or adult with a nut allergy coming into contact with a food product which could potentially be very harmful to them. Parents and carers must notify staff if their child has any known or suspected allergy to nuts and provide all medical and necessary information. This will be added to your child's care plan and if necessary, a meeting organised with the school nurse.

We realise that many foods are labelled as having '**traces of nut**' or '**cannot guarantee nut free**' which are very difficult to avoid. 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.

What types of food are nuts?

Almonds (badam)
Cashew nuts (kaju)
Hazelnut
Pistachio (pista)
Walnuts
Brazil nuts
Nut oils
Peanuts

Please see the power point on our website for further information.

In order to reduce the risk of an allergic reaction for child in our care:

The following items should not be brought into school:

- Packs of nuts
- Peanut butter or Nutella sandwiches
- Fruit and cereal bars that contain nuts
- Chocolate bars or sweets that contain nuts
- Sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame)
- Cakes made with nuts
- Any home cooked meals for packed lunches that are made from nuts

The Nursery will:

☑ Make sure cooking ingredients do not include nuts

☑ Inform all new parents of this policy

☒ Place a copy of the policy in the Policy Folder which is kept in the Parents' room

☒ Remind families periodically in Newsletters

☒ Staff will not bring food containing nuts into the nursery

We ask parents:

☒ When preparing packed lunches to not include any food containing nuts (e.g. cereal bars, peanut butter), if they do, these are not offered to the child, but left in their lunch boxes and parents/carers are telephoned to remind them of our policy

☒ If bringing a cake/biscuits/cookies into the nursery to celebrate your child's birthday please ensure the list of ingredients do not include nuts – a member of staff will check the ingredients before it is offered to any child.

☒ If giving a present to members of staff, please do not include nuts.

All children are regularly reminded about the good hygiene practice of washing hands before and after eating which helps to reduce the risk of secondary contamination. Likewise, children are reminded and carefully supervised to minimise the act of food sharing with their friends.

Adopted: May 2023

Review: May 2025