Spilsby Playgroup



Allergies and Food Intolerances Policy

2026

Health procedures

Allergies and food intolerance

Before a child starts at Spilsby Playgroup, parents/carers are asked if their child has any known allergies or food intolerance. This information is recorded on the registration form. Ongoing 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 at Spilsby Playgroup are made aware of the symptoms and treatments for allergies and anaphylaxis and the difference between allergies and food intolerances

- **a risk assessment form is completed** if a child has an allergy or food intolerance, 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**

a 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)
- Parents/carers show staff how to administer medication in the event of an allergic reaction.
- Any foods containing food allergens are identified on the HCP and children's menus.

- The child's name is added to the Dietary Requirements 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 the cook's Food Allergy and Dietary Needs file.
- 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.

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.

This policy has been agreed by all staff. October 2026

This policy should be read in conjunction with ,

- Lifesaving and Invasive Procedures Policy
- Allergies and Allergic Reaction Policy
- Administering Medications Policy