



Tickton Pre-school and Play Pals, Food Allergies and Intolerances Policy.

Working in conjunction with the Early Years Foundation Stage Statutory Framework (EYFS).

Quality and Consistency.

A Secure Foundation.

Partnership Working.

Equality of Opportunity.

Unique Child

Positive Partnerships

Enabling Environment

Learning and Developing

Allergy and intolerance to foods are significant health issues in the UK. Around 1-2% of adults and 5-8% of children in the UK have a food allergy, with up to 1 in 55 children having a peanut allergy. An estimated 1 in 100 people have coeliac disease, an autoimmune response to gluten proteins found in a number of cereals. In addition, some people need to avoid certain foods because of a food intolerance. There are up to ten recognised deaths from food allergies in the UK every year.

It is a legal requirement to inform customers (our parents/families and children) of any allergenic ingredients in any food or drink that we supply. It will no longer be adequate to merely say that foods 'may contain' allergens or be none specific about the allergenic ingredients in the food/drink we serve. This information is held in our entrance area in our allergens file.

Parents must inform the setting of any allergies and or food intolerances.

We communicate allergen information to parents/carers via newsletters/parent packs and our allergen file in the setting entrance area.

Allergen

An allergen is a substance that reacts with the body's immune system and causes an allergic reaction, for example nuts.

Allergy

Food allergy is an abnormal response to a food triggered by a body's immune system. There are several types of immune responses to food. The response may be mild, or in rare cases it can be associated with the severe and life-threatening reaction called anaphylaxis. When someone has an allergy, they can have many different physical reactions when they are exposed to allergens. The type of reaction and the severity of it depends on the individual and the severity of their allergy. Very small amounts of some allergens, such as nuts, can cause severe adverse reactions including potentially fatal anaphylactic shock.

Food Intolerance

Food intolerance is not so clear cut and although not life threatening, it can and often does, make the sufferer feel extremely unwell and can have a major impact on working and social life. Symptoms can affect different people in different ways but usually last for many hours or days depending on the symptoms.

There are 14 major allergens which need to be declared when used as ingredients. The following list tells you what these allergens are and provides some examples of foods where they may be found:

Celery

This includes celery stalks, leaves and seeds and celeriac.

It is often found in celery salt, salads, some meat products, soups and stock cubes.

Cereals (containing gluten)

This includes wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats. It is often found in foods containing flour, such as some baking powders, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and foods dusted with flour. The cereal will need to be declared. However, it is up to you if you want to declare the presence of gluten with this.

Crustaceans

This includes crabs, lobster, prawns and scampi. It is often found in shrimp paste used in Thai curries or salads.

Eggs

This is often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and foods brushed or glazed with egg.

Fish

This is often found in some fish sauces, pizzas, relishes, salad dressings, stock cubes and in Worcestershire sauce.

Lupin

This includes lupin seeds and flour and can be found in some types of bread, pastries and pasta.

Milk

This is found in butter, cheese, cream, milk powders and yoghurt. It is often used in foods glazed with milk, powdered soups and sauces.

Molluscs

This includes mussels, land snails, squid and whelks. It is often found in oyster sauce or as an ingredient in fish stews.

Mustard

This includes liquid mustard, mustard powder and mustard seeds. It is often found in breads, curries, marinades, meat products, salad dressing, sauces and soups.

Nuts

This includes almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia or Queensland nuts. These can be found in breads, biscuits, crackers, desserts, ice cream, marzipan (almond paste), nut oils and sauces. Ground, crushed or flaked almonds are often used in Asian dishes such as curries or stir fries.

Peanuts

This can be found in biscuits, cakes, curries, desserts and sauces such as for satay. It is also found in groundnut oil and peanut flour.

Sesame seeds

This can be found in bread, breadsticks, houmous, sesame oil and tahini (sesame paste).

Soya

This can be found in beancurd, edamame beans, miso paste, textured soya protein, soya flour or tofu. It is often used in some desserts, ice cream, meat products, sauces and vegetarian products.

Sulphur Dioxide

This is often used as a preservative in dried fruit, meat products, soft drinks and vegetables as well as in wine and beer. There are a few exceptions where an allergenic ingredient does not have to be declared e.g. wine and wine fining agents derived from egg and milk and found at a limit of detection (<0.25mg per litre).

All foods served at Tickton Pre-school and Play Pals must be checked for the above listed allergens. This must be recorded, ready to share with parents in our allergens file.

Cross-contamination

Sometimes traces of allergens can get into products unintentionally during the manufacturing process or during transport or storage. This is called 'cross-contamination'. Ideally, you should prevent this from happening but in some circumstances, this may not be possible. Use allergen labelling, for example 'may contain' type statements.

Precautionary allergen labelling

If you think there is a real risk of a food product being affected by cross-contamination with an allergen label using one of these phrases: -

‘May contain X’,

‘Not suitable for someone with X allergy’

IMPORTANT: Precautionary allergen labelling should only be used following a thorough risk assessment when you think there is a real risk of allergen cross-contamination that cannot be eliminated.

Our setting manager and PANco have overall management responsibility for allergens.

All staff are responsible for and food safety.

All staff attend level 2 food hygiene training, there is always a trained member of staff on duty during opening hours.

We have a risk assessment in place.

Display notices to remind staff and parents of allergens.

We communicate the risk between parents and members of staff.

Staff are warned of the effect of providing the wrong information or serving food containing an ingredient that a child is allergic to (via displayed allergies list).

Kitchen procedures are in place to prevent cross-contamination during storage and preparation of food (including; the labelling of food, the cleaning of equipment and hands and the wearing of protective clothing).

We identify children with food allergies during induction and application times (see forms).

Staff should not just remove the ‘offending’ allergen from a prepared snack, because traces of the allergen will remain which could cause a reaction.

All records regarding food allergens are updated as required. All foods are checked for allergenic ingredients in new or replacement ingredients, for example a delivery checklist.

WE ASK FOR **NO SUBSTITUTES** ON ALL FOOD ORDERS.

Staff must ensure foods containing no allergenic ingredients are sufficiently separated from food containing allergenic ingredient and in a way to prevent any falling food contaminating it.

All food should be labelled in English.

Foods served at all snack times are recorded correctly.

We colour code kitchen tools for allergenic ingredients, using separate equipment utensils, storage and separate preparation area.

Milton is used to clean all spillages.

All foods Check ingredient labelling for allergenic ingredients.

All staff ensure adequate hand-washing.

All families are provided with a menu.

Recognise the allergenic ingredients are a potential food hazard that must be effectively managed and controlled. The key measure is to ensure clear and appropriate communication of allergen hazards to parents.

Staff must ensure that when preparing food, they make sure they know what is in the ingredients you are using. Be careful of cross contamination - boards, utensils, serving spoons, woks etc.

Staff must thoroughly clean work surfaces and equipment, and wash hands before making food for someone with an allergy.

We provide information if any of the regulated 14 allergenic ingredients are used in the preparation of foods we supply.

Parent responsibility

Parents/carers must play their part and ensure the let us know any information regarding their child's dietary needs and ensure this is updated as required.

Staff must not provide the wrong information through verbal communication. **We ensure allergen information is correct and up to date.** To ensure that consistent allergen information is provided staff direct queries to a nominated person(s) (Sharon Haysom or Helen Turner). To ensure that oral information is verifiable, information is contained on a chart/ information sheets, which staff can easily refer to.

Allergen information must be specific to the food, complete and accurate.

✓ indicates the allergen is an ingredient of the food.

We understand the dangers to those with severe allergies. Parents can speak to a member of staff who may be able to help make an alternative choice.

More information and resources.

Food Standards Agency website:

www.food.gov.uk/allergy

The Food Information Regulations 2014:

www.legislation.gov.uk/ukxi/2014/1855/contents/made

You can find out more about foods that are prepacked in the FSA leaflet:

[www.food.gov.uk/multimedia/pdfs/publication/](http://www.food.gov.uk/multimedia/pdfs/publication/allergy-labelling-prepacked.pdf)

[allergy-labelling-prepacked.pdf](http://www.food.gov.uk/multimedia/pdfs/publication/allergy-labelling-prepacked.pdf)

You can find out more about non-packaged (loose) foods in the

FSA leaflet:

www.food.gov.uk/multimedia/pdfs/publication/loosefoodsleaflet.pdf

For information on the EU Food Information to Consumers regulation

1169/2011 visit:

[ec.europa.eu/food/food/labellingnutrition/foodlabelling/](http://ec.europa.eu/food/food/labellingnutrition/foodlabelling/proposed_legislation_en.htm)

[proposed_legislation_en.htm](http://ec.europa.eu/food/food/labellingnutrition/foodlabelling/proposed_legislation_en.htm)

Free online allergen training can be obtained on:

allergytraining.food.gov.uk

DEFRA – The Food Information Regulations – Guide to compliance:

[www.gov.uk/government/uploads/system/uploads/attachment_data/](http://www.gov.uk/government/uploads/system/uploads/attachment_data/file/82663/consult-fic-guidance-20121116.pdf)

[file/82663/consult-fic-guidance-20121116.pdf](http://www.gov.uk/government/uploads/system/uploads/attachment_data/file/82663/consult-fic-guidance-20121116.pdf)

FSA – Food allergen labelling and information requirements under the EU food Information for consumers:

[www.food.gov.uk/multimedia/pdfs/guidance/](http://www.food.gov.uk/multimedia/pdfs/guidance/allergen-labelling-technical-guidance.pdf)

[allergen-labelling-technical-guidance.pdf](http://www.food.gov.uk/multimedia/pdfs/guidance/allergen-labelling-technical-guidance.pdf)

FSA – Advice on Food Allergen labelling:

www.food.gov.uk/multimedia/pdfs/publication/allergy-leaflet.pdf

FSA – Gluten-free Claims advice

www.food.gov.uk/sites/default/files/multimedia/pdfs/glutenfactsheet.pdf

For information on gluten, visit the Coeliac UK website:

www.coeliac.org.uk

www.food.gov.uk/multimedia/pdfs/publication/thinkallergy.pdf

