



## Allergy Policy

If there is a possibility that the child needs medical care or the use of medical equipment then specialist input may be necessary, such as training sessions.

### Other children

It may be important for other children and their parents/carers to be aware that another child in the setting has an allergy and for them to adjust their behaviour due to this for example; not to include gluten in any snacks the child may bring in to the setting.

### I may do this by:

- Informing parents/carers
- Discussing the allergy with other children in an age-appropriate way
- Through reading story and non-fiction books appropriate for children
- I may ask for the parent/carer of the child with the allergy for support with this
- Encouraging no food sharing

### Providing meals in my setting

Although I do produce meals in my setting, there may be occasions when your child could be exposed to one of the 14 allergens (cooking, on outings, snacks)

- I will check food labels and ingredients to minimise the risk of a child with an allergy coming in contact with a food they have an allergy to.
- If on occasion I do prepare a dish for the children I will keep a record of the dish I prepared and a record of which of the 14 allergens the dish included.





**Rutland Early Years**

## The 14 Allergens

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.

| <b>Food</b>                      | <b>Information</b>   |
|----------------------------------|--|
| <b>Celery</b>                    | This includes celery stalks, leaves and seeds and celeriac. It is often found in celery salt, salads, some meat products, soups & stock cubes  |
| <b>Cereals containing gluten</b> | 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 & 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. |
| <b>Crustaceans</b>               | This includes crabs, lobster, prawns & scampi. It is often found in shrimp paste used in Thai curries or salads  |
| <b>Eggs</b>                      | This is often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces & foods brushed or glazed with egg  |
| <b>Fish</b>                      | This is often found in some fish sauces, pizzas, relishes, salad dressings, stock cubes & in Worcestershire sauce.   |
| <b>Lupin</b>                     | This includes lupin seeds & flour, and can be found in some types of bread, pastries & pasta   |
| <b>Milk</b>                      | This is found in butter, cheese, cream, milk powders & yogurt. It is often used in foods glazed with milk, powdered soups & sauces   |
| <b>Molluscs</b>                  | This includes mussels, land snails, squid & whelks. It is often found in oyster sauce or as an ingredient in fish stews  |
| <b>Mustard</b>                   | This includes liquid mustard, mustard powder & mustard seeds. It is often found in breads, curries, marinades, meat products, salad dressing, sauces & soups   |
| <b>Nuts</b>                      | 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 & sauces. Ground, crushed or flaked almonds are often used in Asian dishes such as curries or stir fries.  |
| <b>Peanuts</b>                   | This can be found in biscuits, cakes, curries, desserts & sauces such as for satay. It is also found in groundnut oil & peanut flour   |
| <b>Sesame seeds</b>              | This can be found in bread, breadsticks, houmous, sesame oil & tahini (sesame paste)   |
| <b>Soya</b>                      | 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 & vegetarian products   |
| <b>Suphur dioxide</b>            | This is often used as a preservative in dried fruit, meat products, soft drinks & vegetables as well as in wine & beer   |

