

Policy Title	Allergy awareness
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Version Control

Version #	Date of review	Reviewer	Summary of changes
8	20/11/2025	Natalie Russ	<ul style="list-style-type: none"> • Changed to correct headed paper • Changed font to FS Me Pro

This policy is concerned with Tarner's management of children suffering from specific allergies and providing a safe environment for all.

We are a nut free environment. We cannot guarantee a completely allergen free environment, but our aim is to minimise the risk to children with allergies, to encourage self-responsibility, awareness in others and to plan effective and safe responses to possible emergencies.

The Food Information Regulation (Dec 2014) requires us as an organisation to provide information about allergenic ingredients.

There are 14 allergens that we need to be particularly aware of.

These are as follows

- Celery
- Cereals using gluten (including wheat, Rye, Barley and Oats)
- Crustaceans (such as prawns, crabs and lobsters)
- Eggs
- Fish
- Lupin
- Milk
- Mollusks
- Mustard
- Tree Nuts (including Almonds, Hazelnuts, Walnuts, Brazil Nuts, Cashews, Pecans, Pistachios and Macadamia Nuts)
- Peanuts
- Sesame seeds
- Soyabeans
- Sulphur dioxide and sulphites Common causes of allergies are nuts (peanuts), dairy products, eggs, wasps, ants and bees.

An allergic reaction to nuts is the most common high-risk allergy and therefore requires more rigorous controls.

We strongly encourage parents/carers, staff and children to avoid bringing in foods that contain nuts to Tarner.



Such products may include:

- Nuts
- Most types of chocolate spread
- Peanut butter
- Nutella and similar spreads
- Most fruit and nut cereal bars and muesli bars
- Some biscuits
- Chocolates and any other products that have nuts listed in the ingredients
- Please speak to a member of staff if you are unsure about any food products or need help in finding nut free alternatives.

Tarner acknowledges that it is impractical to ask not to send food which states “may contain traces of nuts” on the label.

This nut policy applies to those ingredients specifically listed on the product label.

For example, if a food product lists nuts or a nut in its ingredients it will be put away safely and an alternative provided. Any food taken away from a child will be returned to the parent/carer at the end of the day.

To be extra vigilant, children with food containing traces of nuts will be seated separately from the child/ren who have the allergy. This will be done in a sensitive manner and not in any way to ostracise or make any child feel uncomfortable.

Staff will be trained to use an EpiPen in an emergency (First Aid training) if it is a health requirement.

We will discuss allergies, food safety & hygiene (please refer to our Healthy Eating Policy) and aim to raise awareness about allergies. This will be done with the consent of the parent/carer to avoid any confidentiality concerns.