



ALLERGY POLICY

Wickham Montessori a nut and apple free zone

Due to the amount of children/staff who are allergic to nuts & apples or similar products, no nuts or apples are to be brought into nursery. This includes all nuts and seeds such as – peanuts, almonds, brazils, cashew, hazels, pistachios, walnuts, pecans, coconuts, sesame seeds, poppy seeds, sunflower seeds and pine kernels, or drinks & products containing apples.

This is to ensure that any child or adult who is or may be vulnerable to any of the above foods is safe from contact and importantly, at risk of an allergic reaction.

In order to reduce the risk of an allergic reaction for anyone in our care: The nursery will:

- Make sure cooking ingredients do not include nuts or apples
- Inform all new parents of this policy
- Place a copy of the policy in the Policy Folder which is kept in the parent room
- Remind families periodically in Newsletters
- Staff will not bring food containing nuts or apples into the nursery

We ask parents:

- When preparing packed lunches please do not include any food containing nuts/apples (e.g. cereal bars, peanut butter)
- 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.
- If giving a present to members of staff, please do not include nuts.

Signs and symptoms of an allergic reaction

- A tingling feeling in the mouth
- An itchy nettle rash (hives)
- Swelling
- Swelling in the throat
- Asthma symptoms
- Vomiting
- Cramping tummy pains
- Diarrhoea
- Fainting and unconsciousness

If a child shows any symptoms of this, an ambulance will be called, as this is extremely serious