

# Craigmore Kindergarten's Allergy Aware Food Policy

## Link to National Quality Standards

- 2.1 Each child's health is promoted.
- 2.1.1 Each child's health needs are supported.
- 2.2 Healthy eating and physical activity are embedded in the program for children.
- 2.2.1 At all times, reasonable precautions ensure children are protected from harm and hazard.

## Rationale

When we have children enrolled at kindy with severe allergic reactions. It may become necessary to implement a **NO NUTS AT KINDY POLICY** to reduce the risk of harm to children and make our preschool a safe environment. Please take the time to read this policy carefully.

The aim of this policy is to promote awareness amongst children and parents/caregivers about allergic reactions suffered by some children after coming into contact with these products. The policy aims to alert parents to the potential severity of ANAPHYLACTIC reactions and provide information on how parents can help prevent such reactions by only providing **fresh fruit, fresh vegetables, or plain cheese, meat or sandwiches** so as to avoid a possible fatal reaction. For this reason, the policy must be adhered to at all times within the kindy grounds. If food is brought into the centre that is unsuitable it will not be eaten but packed safely to take back home.

The duty of care of the Director, Educators and Community is to ensure the safety of all children whilst attending preschool; therefore we need to provide an environment that will prevent the risk of exposure to nuts and other allergens. In the event that accidental exposure may occur, the preschool has an emergency procedure in place.

## Information on Allergies

Many children have allergies and if exposed react in the following ways; hives, swollen eyes, wheezing and symptoms of asthma, itching especially around the mouth, swelling tongue, flushed face, cramping and nausea, vomiting, diarrhoea, and loss of consciousness. A few reactions are life threatening, some children are severely allergic to foods such as peanut butter and products that may contain traces of nuts. Even tiny amounts could be fatal within minutes. Children who have severe allergies to such food substances are exposed to a health risk not only when peanut products are consumed in their environment but from residue left on fingers, toys and other surfaces this is called cross contamination. These children are termed "ANAPHYLACTIC" – i.e. suffer from ANAPHYLAXIS.

## What is anaphylaxis?

Anaphylaxis is the most severe form of an allergic reaction that can result in death. An anaphylactic reaction (or full body shock) can occur within seconds of exposure to an

# PLEASE



## NO PEANUTS OR NUT PRODUCTS



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allergen or it may occur as a delayed reaction several hours after the initial exposure. Anaphylaxis is a critical medical emergency that requires immediate treatment with adrenalin by injection to prevent permanent injury or loss of life (Adrenalin opens up the airways and blood vessels in the body).

**IMPORTANT: Parents will be notified if and when this policy comes into effect.**

