



Kathleen Mellor Nut Awareness Policy

Policy Statement

The aim of the Policy is to promote awareness amongst children and parents/caregivers about allergic reactions suffered by certain children after coming into contact with nut products. The policy also aims to alert parents to the potential severity of ANAPHYLACTIC reactions and provide information on how parents can help prevent such reactions by being aware of which products to avoid sending to kindy.

Information on Allergies

Many children have allergies. If exposed, allergic reactions include hives, swollen eyes, wheezing and asthma symptoms. A few reactions however, are life threatening. Some children are severely allergic to PEANUT BUTTER, even a tiny amount 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 or shared with them, but from residue left on toys, play surfaces and other equipment (cross-contamination). These children are termed ANAPHYLACTIC ie suffer from ANAPHYLAXIS

What is ANAPHYLAXIS?

(A big word for a big reaction)

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

Safety first at Kindergarten

One way to ensure the safety of these children whilst attending kindy is to become peanut and nut allergen aware and to develop an environment that will minimize the risk of exposure to nut allergens. In the event that accidental exposure may occur, the Kindy has an emergency response First Aid procedure in place.

Avoidance of peanut/nut products is the cornerstone of management in preventing an anaphylactic reaction in a child suffering from a nut allergy.

Your Assistance is Vital

Due to these health risks, we ask for your understanding and cooperation by not sending any snacks with your child containing NUT PRODUCTS. It is just a matter of double-checking food labels before putting snacks in your child's lunchbox.



It is recommended that ALL NUTS should be avoided since most nuts are processed with peanuts and therefore cross contamination may occur. It is also possible to have an allergy to more than one kind of nut.

See end of this policy for a list of potential trigger foods. Coconut is not included; however many children may also be allergic to sesame seeds so please avoid these.

Parents responsibilities

- The kindy must be informed of all allergies, if any, upon enrolment of a child.
- Parents of children with allergies must fill out a **CARE PLAN and EMERGENCY PROCEDURE PLAN**. Information on whether or not a child wears Medic Alert identification also needs to be provided
- Parents/caregivers of an anaphylactic child must make sure the appropriate medication is made available to the kindy to use in the event of an emergency. All medication eg. Phenergan, Epipens used for the treatment of anaphylaxis must have clear instructions on a pharmacy label and stored in a secure location. All staff must know of its location in the event of an emergency.
- Parents /caregivers must make arrangements with staff for medication to be taken on any excursions out of the centre.
- Any suspicions of allergies the parents/caregivers have noted must be further investigated by a qualified practitioner.
- The Kindy must be notified of any changes to a child's condition that may affect their existing care at the Centre.
- The anaphylactic child should be encouraged by his/her family (and Kindy staff) not to accept food from anyone other than their own family.
- All families will be asked not to send snacks containing nuts of any kind to kindy.
- Parents are asked to ensure collage materials (eg. boxes/plastic containers) are free from possible contamination Eg. by washing thoroughly or shaking out crumbs/dust etc.
- Parents will be requested not to send cakes or chocolates for birthdays. If a child wishes to share something, non-food items such as balloons or stickers are suitable.

Staff responsibilities

- All children will be encouraged not to share food with each other and to sit down with their group when eating.
- The lunch/snack of the child suffering from a nut allergy is to be held in the staff area to ensure that a staff member is made aware when that child is going to eat.
- Kindy staff will supervise children (and including the child with anaphylaxis) whilst eating their snack.



Government of South Australia
Department for Education



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- Children's lunches and snacks are to be monitored regularly by a staff member in order to assess potential risks and to educate the children on the necessity of eating 'nut free' food at kindy.
- In the event that a child brings a snack containing nuts, the item is wrapped in a note which lists the foods not allowed at kindergarten and the item is placed in the parent's pocket.
- Kindy staff will ensure any activities provided for the Centre will be nut free (eg. cooking or seed play).
- Any food not eaten is to be placed back in lunchboxes and bags
- Empty wrappers to be placed in bins provided
- Kindy staff will ensure that any soaps and sunscreens used at the Centre are free from "nut oil" (eg. do not contain peanut or nut oil)
- The kindy will display posters highlighting the most common products to avoid for children's snacks at kindy.
- From time to time Kindergarten staff will remind parents/caregivers and children About the policy (eg in newsletters).
- **Parents will be requested not to send cakes or chocolates for birthdays. If a child wishes to share something, non-food items such as balloons or stickers will be acceptable.**
- All kindy staff will undergo St Johns (or equivalent) training in the use of Epi pens.
- Children with anaphylaxis need to be identified to any relief and volunteer workers who may help the centre from time to time and instructed what actions are to be taken in the event of an anaphylactic emergency.

The playgroup will also adhere to this policy. This will reduce the risk of contamination of any play equipment used. All playgroup members will be given a copy of this policy and any other relevant information on enrolment.



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What Nuts Need to be Avoided?

The following is a list of foods commonly used in children's snacks/lunches which are at risk of containing nuts

| | |
|------------------------------------|-------------------|
| Peanut butter/ peanut paste | Walnuts |
| Cakes, muffins, biscuits, pastries | Brazil nuts |
| Dunkaroos and similar products | Mixed nuts |
| Health foods and muesli bars | Macadamias |
| Satay flavoured rice crackers | Pistachio nuts |
| Chocolate/Nougat Sweets | Chestnuts |
| Nutella/ Nudge spread | Hazelnuts |
| Cashew nuts | Candle nuts |
| Pine nuts | Dips |
| Almonds | Sesame seed |
| Pecans | Breakfast cereals |
| Peanuts | |

This policy will be reviewed and evaluated regularly by both staff and Governing Council and modified as required to ensure continued relevance to the centre.