



ALLERGY POLICY

Policy statement

Ide Hill Pre-school recognises that allergies, food intolerances and anaphylaxis must be taken seriously. We are committed to providing a safe and inclusive environment for all children by identifying allergy risks, working closely with parents/carers and healthcare professionals, reducing exposure to known allergens and responding promptly and appropriately to allergic reactions.

This policy supports the Early Years Foundation Stage safeguarding and welfare requirements and current Department for Education guidance on food allergies, intolerances, nutrition and safer eating in early years settings.

Procedures

- Parents/carers are asked to provide full written information about their child's allergies, intolerances, symptoms, triggers, dietary requirements and medication before the child starts at the setting.
- Information about allergies and medical needs will be recorded on the child's registration and medical forms and shared with relevant staff on a need-to-know basis.
- Where a child has a diagnosed allergy or risk of anaphylaxis, an individual allergy action plan or healthcare plan will be agreed with parents/carers and, where appropriate, healthcare professionals.
- Parents/carers are responsible for informing the setting immediately of any changes to their child's allergy, treatment plan, medication or emergency contact details.
- Staff will be made aware of children with allergies and will understand the signs and symptoms of allergic reactions, including anaphylaxis.
- Emergency medication, including antihistamines or adrenaline auto-injectors where prescribed, will be clearly labelled, stored safely, kept out of children's reach and remain immediately accessible to staff in an emergency. These will be stored in the cupboard in the kitchen.

Food, snacks and activities

- The setting will take reasonable steps to reduce the risk of exposure to known allergens during snacks, lunches, cooking activities, celebrations, outings and messy play.
- Food labels and ingredients will be checked carefully, recognising that ingredients can change. Staff will avoid giving any food to a child unless they are confident it is suitable for that child.
- Parents/carers will be consulted about safe substitutions and suitable food choices where a child has an allergy, intolerance or special dietary requirement.
- Children will be supervised closely whilst eating and drinking. Staff will encourage handwashing before and after eating and will clean tables and surfaces to reduce the risk of cross-contamination.
- Food brought from home must be clearly labelled and must not be shared between children.
- Allergy risks will be considered when planning outings, visits, parties, fundraising events and activities involving food or natural materials.

Responding to an allergic reaction

- If staff suspect an allergic reaction, they will follow the child's allergy action plan or healthcare plan immediately.
- If anaphylaxis is suspected, staff will administer prescribed emergency medication without delay, call 999 and contact parents/carers as soon as possible.
- A child who has received adrenaline or who may be experiencing anaphylaxis will not be left alone and will be monitored continuously until emergency help arrives.
- All allergic reactions, medication administered and action taken will be recorded and shared with parents/carers. The incident will be reviewed to identify any learning or changes needed to reduce future risk.

Training and review

- Staff will receive appropriate information and training so they understand allergy awareness, safer eating procedures, cross-contamination risks, emergency procedures and how to use prescribed emergency medication where required.
- Allergy information, action plans and risk assessments will be reviewed at least annually, after any allergic reaction and whenever a child's needs or medical advice changes.
- This policy should be read alongside the setting's safeguarding, first aid, administering medication, health and safety, outings, food hygiene and safe eating policies.

Legal framework and further guidance

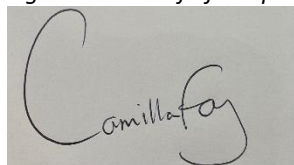
- Early Years Foundation Stage (EYFS) statutory framework
- Department for Education early years nutrition guidance



- Department for Education guidance: food allergies and intolerances
- Food Standards Agency allergen guidance and free allergy training
- NHS advice on food allergies and anaphylaxis
- Anaphylaxis UK and Allergy UK guidance for early years settings

This policy was adopted at a meeting of the pre-school held on – 01/09/2026

Signed on behalf of the pre-school



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This policy will be reviewed in October 2026