



**Longlands
Primary
School**

Food Allergy Policy

Last reviewed on: 01/09/2024

Next review due by: 01/09/2026

Introduction

Longlands Primary School recognises that a number of community members (pupils, parents, visitors and staff) may suffer from potentially life-threatening allergies or intolerances to certain foods.

We are committed to a whole school approach to the care and management of those members of the School community. This policy looks at food allergy and intolerances in particular. Other related policies include the school's First Aid and Medication Policy, Asthma Policy, Healthy Packed Lunch Policy and Administration of Medicine Policy.

The School's position is not to guarantee a completely allergen free environment, rather to minimise the risk of exposure by hazard identification, instruction and information. This will encourage self-responsibility to all those with known allergens to make informed decisions on food choices. It is also important that the school has robust plans for an effective response to possible emergencies. This policy has been created with guidance from the Catering Department to ensure compliance under the Food Information for Consumers Regulation (1169/2011) which came into force in December 2014.

The School is committed to proactive risk food allergy management through:

- The encouragement of self-responsibility and learned avoidance strategies amongst those suffering from allergies.
- The establishment and documentation of a comprehensive management plan for menu planning, food labelling, stores and stock ordering and customer awareness of food produced on site.
- Provision of a staff awareness programme on food allergies/intolerances, possible symptoms (anaphylaxis) recognition and treatment.

The intent of this policy is to minimise the risk of any person suffering allergy-induced anaphylaxis, or food intolerance whilst at Longlands Primary School or attending any school related activity. The policy sets out guidance for staff to ensure they are properly prepared to manage such emergency situations should they arise.

The common causes of allergies relevant to this policy are the 14 major food allergens:

- Cereals containing Gluten
- Celery including stalks, leaves, seeds and celeriac in salad
- Crustaceans, (prawns, crab, lobster, scampi, shrimp paste)
- Sesame Seeds - bread, bread sticks, tahini, houmous, sesame oil
- Sulphur dioxide/Sulphites (dried fruit, fruit juice drinks, wine, beer)
- Lupin, seeds and flour, in some bread and pastries
- Molluscs, (mussels, whelks, oyster sauce, land snails and squid).
- Eggs - also food glazed with egg
- Fish - some salad dressings, relishes, fish sauce, some soy and Worcester sauces
- Soya (tofu, bean curd, soya flour)
- Milk - also food glazed with milk

- Nuts, (almonds, hazelnuts, walnuts, pecan nuts, Brazil nuts, pistachio, cashew and macadamia(Queensland) nuts, nut oils, marzipan)
- Peanuts - sauces, cakes, desserts, ground nut oil, peanut flour
- Mustard - liquid mustard, mustard powder, mustard seeds

The allergy to nuts is the most common high risk allergy and, as such, demands more rigorous controls. Some children and adults in our school have severe nut allergies which can be life-threatening. We expect parents to let us know if their children have nut or other food allergies so that we can provide appropriate care as and when needed. Nut allergies can differ for different people. The allergy could be activated by eating nuts, or just by touching nuts. For some nut allergy sufferers, the allergy is airborne which means that the sufferer doesn't have to touch or eat the nuts for a lethal reaction to occur.

Although the allergy to nut is the most common, it is also important to ensure that all allergies and intolerances are treated equally as the effect to the individual can be both life-threatening and uncomfortable, if suffered.

Definitions

Allergy A condition in which the body has an exaggerated response to a substance (e.g. food or drug), also known as hypersensitivity.

Allergen A normally harmless substance, that triggers an allergic reaction in the immune system of a susceptible person.

Anaphylaxis Anaphylaxis, or anaphylactic shock, is a sudden, severe and potentially life-threatening allergic reaction to a trigger (food, stings, bites, or medicines).

Adrenaline device A syringe style device containing the drug adrenaline. This is an individual prescribed drug for known sufferers which is ready for immediate intramuscular administration. This may also be referred to as an Epi-Pen/ Ana pen or Jext which are particular brand names.

General Aspects (pupils)

The School will establish clear procedures and responsibilities to be followed by staff in meeting the needs of pupils with additional medical needs.

This process includes:

- The SENCo/ medical lead being involved with the parents and the child in establishing an individual medical Care Plan.
- Effective communication of the individual Care Plans to all relevant staff and departments.
- Ensuring staff first aid training includes anaphylaxis management, including awareness of triggers and first aid procedures to be followed in the event of an emergency.

- A medical alert book with affected pupils' pictures and names are on display in all classroom, offices and in the first aid room and kitchen.
- A meeting will be held with Independent Catering, the parent/carer and a representative from the school to discuss meal planning.

Responsibilities

The Catering Staff are responsible for:

- Using only authorised suppliers and being the controlling point and contact for all purchases of food stuffs for School catering.
- Ensuring suppliers of all foods and catering suppliers are aware of the School's food allergy policy and the requirements under the labelling law.
- Ensuring suppliers of food stuffs are nut free or labelled 'may contain nuts'.
- Being aware of pupils and staff who have such food allergies and updating this training every three years. Clear labelling of items of food stuffs that may contain nuts.
- Creating a bespoke menu for the pupil.
- Menus and allergen information can be found via [Independent Caterings](#) website and on the [Longlands Primary School](#) website.

Educational Visits

All academic staff must check the requirements of all pupils they are taking off site. This is part of the offsite risk assessment. All pupils' information is on Pupil Asset and is also displayed in the Medical Alert handbook. Where food intolerance has been identified, this must be relayed to the Catering Department if they are ordering packed lunches/refreshments/food.

Staff must also:

Physically check that pupils have their medication before leaving site.

Ensure that all food collected from the Catering Department has been clearly labelled and they are aware of any foods that should not be given to pupils (also any foods that pupils may purchase outside of the School during the trip).

Signed:



Mr T Baines
Head Teacher

Mr S Morgan
Chair of Governors