

5.10 Nutrition, Allergy, Consumables and Toiletries Policy

Reviewed: August 2026

Next Review Date: September 2027

Table of Contents

1. Introduction.....	3
2. Nutrition Policy (Food and Drink).....	3
2.1 Aims.....	3
2.2 Provision of Meals.....	4
2.3 Dietary Requirements.....	4
2.4 Healthy Eating Approach.....	4
2.5 Food Safety and Hygiene.....	4
3. Allergy Management.....	5
3.1. Aims.....	5
3.2. Definition of an Allergy.....	5
3.3 Responsibilities.....	6
3.3.1. The Nursery Manager.....	6
3.3.2. Staff.....	6
3.3.3. Parents and Carers.....	6
3.4. Allergy Information and Records.....	6
3.5 Individual Allergy Care Plans.....	7
3.6. Food Management.....	7
3.7. Activities and Resources.....	7
3.8. Medication.....	8
3.9. Recognising Allergic Reactions.....	8
Mild to Moderate Symptoms.....	8
Severe Symptoms (Anaphylaxis).....	8
3.10. Emergency Procedures.....	9
3.10.1. Mild Reaction.....	9
3.10.2. Suspected Anaphylaxis.....	9
3.11. Training.....	9
3.12. Outings and Visits.....	9
3.13. Recording and Reporting.....	10
3.14. Monitoring and Review.....	10

5: Organisation, information and documentation

4. Consumables and Toiletries Policy.....	11
4.1 Aims.....	11
4.2 Provision of Consumables.....	11
4.3 Formula Milk.....	11
4.4 Hygiene and Safety.....	11
5. Safeguarding and Welfare Links.....	11
6. Monitoring and Review.....	12

5.10 Nutrition, Allergy, Consumables and Toiletries Policy

1. Introduction

At Miss B's Nursery, we are committed to providing a safe, nurturing, and inclusive environment that promotes the health and well-being of all children in our care. This policy outlines our approach to nutrition and the provision of consumables and toiletries, ensuring consistency, safety, and high standards in line with statutory guidance and best practice.

This policy is underpinned by the **Early Years Foundation Stage (EYFS) Statutory Framework (2024)**, particularly:

- **Section 1.5:** Promoting the health of children
- **Section 3.47–3.49:** Food and drink requirements
- **Section 3.2–3.4:** Safeguarding and welfare requirements

It also reflects the principles of the **United Nations Convention on the Rights of the Child (UNCRC)**, including:

- **Article 3:** The best interests of the child must be a top priority
 - **Article 24:** Children have the right to good quality healthcare, clean water, and nutritious food
 - **Article 27:** Children have the right to a standard of living that supports their development
-

2. Nutrition Policy (Food and Drink)

2.1 Aims

Miss B's Nursery aims to:

- Provide nutritious, balanced meals that support children's growth and development
- Encourage healthy eating habits from an early age

5: Organisation, information and documentation

- Ensure all dietary needs and preferences are respected
- Maintain high standards of food safety and hygiene

2.2 Provision of Meals

All meals and snacks are freshly prepared and included within the nursery fees and provided to the nursery via the Nursery Kitchen. Children are provided with a variety of foods from all major food groups to ensure a well-balanced diet, as we have NHS accreditation.

The meal charge is voluntary; however, if parents choose to opt out, they must provide food from home that aligns with the nursery nutritional standards. This requirement is in place to ensure consistency and to protect the safety of all children, particularly those with allergies and specific dietary needs. Where a packed lunch provided from home does not meet NHS healthy eating guidance or our allergy and food safety requirements, we will discuss this sensitively with parents/carers and work together to identify suitable alternatives; where an item presents an allergy or safety risk, it will not be served, and a safe alternative will be provided where necessary.

2.3 Dietary Requirements

We work closely with parents and carers to accommodate:

- Allergies and intolerances
- Cultural and religious dietary requirements
- Individual preferences, where possible

All dietary information is recorded and shared with relevant staff to ensure children's needs are met safely.

2.4 Healthy Eating Approach

Meals are planned to:

- Limit sugar and salt intake
- Include fresh, seasonal ingredients where possible
- Encourage children to explore new foods and develop positive attitudes towards eating

Staff support children during mealtimes, promoting independence and creating a calm, social environment.

2.5 Food Safety and Hygiene

The nursery adheres to strict food hygiene procedures, including safe preparation, storage, and handling of food. All staff involved in food preparation or serving are appropriately trained.

This is in line with EYFS safeguarding and welfare requirements, ensuring that children are protected from harm and provided with safe, suitable food at all times.

Food safety procedures also contribute to safeguarding by reducing risks associated with allergies, contamination, and improper food handling.

3. Allergy Management

At Miss B's Nursery, we are committed to ensuring the health, safety and well-being of all children in our care. We recognise that allergies can range from mild reactions to severe, life-threatening anaphylaxis. We work closely with parents, carers, healthcare professionals and staff to minimise risks and ensure that all children with allergies are safely included in all aspects of nursery life.

Therefore, we aim to provide clear procedures for identifying, managing and responding to allergies and allergic reactions.

3.1. Aims

We aim to:

- Provide a safe environment for children with allergies.
- Ensure staff understand their responsibilities regarding allergy management.
- Minimise the risk of exposure to known allergens.
- Respond promptly and appropriately to allergic reactions.
- Work in partnership with parents and healthcare professionals.
- Promote inclusion while maintaining the safety of all children.

3.2. Definition of an Allergy

An allergy occurs when the body's immune system reacts to a substance (allergen) that is normally harmless.

Common allergens include:

- Peanuts
- Tree nuts
- Milk
- Eggs

5: Organisation, information and documentation

- Fish
- Shellfish
- Wheat
- Soya
- Sesame
- Insect stings
- Certain medications
- Latex
- Animal fur or dander

Allergic reactions may be mild or severe and can develop rapidly.

3.3 Responsibilities

3.3.1. The Nursery Manager

The Nursery Manager will:

- Ensure effective systems are in place to identify and manage allergies.
- Maintain accurate allergy records.
- Ensure all staff receive allergy awareness training.
- Ensure emergency medication is readily available.
- Conduct regular risk assessments.
- Review this policy annually or following any significant incident.

3.3.2. Staff

All staff will:

- Familiarise themselves with information on children's allergies.
- Follow individual healthcare plans.
- Prevent children from accessing known allergens where reasonably practicable.
- Monitor children for signs of allergic reactions.
- Administer medication in accordance with nursery procedures and training.
- Report concerns immediately.

3.3.3. Parents and Carers

Parents and carers must:

- Inform the nursery of any allergies before their child starts.
- Provide medical evidence where appropriate.
- Supply prescribed medication, including in-date adrenaline auto-injectors where required.
- Complete all required healthcare documentation.
- Inform the nursery immediately of any changes to their child's condition.

3.4. Allergy Information and Records

Before a child starts at the nursery:

- Parents must declare all known allergies.
- An Individual Allergy Care Plan will be completed where necessary.
- Staff will meet with parents to discuss symptoms, triggers and emergency procedures.
- Emergency contact details will be confirmed.

The nursery will maintain:

- An allergy register, using the Allergy Action Plan form.
- Individual healthcare plans.
- Medication records.
- Risk assessments where required.

All records will be treated confidentially and stored in accordance with data protection requirements.

3.5 Individual Allergy Action Care Plans

Children with diagnosed allergies will have an Individual Allergy Care Plan detailing:

- The allergen(s).
- Known symptoms.
- Severity of previous reactions.
- Emergency contact details.
- Medication requirements.
- Emergency procedures.
- Healthcare professional guidance where available.

Care plans will be reviewed:

- At least annually.
- Following any allergic reaction.
- Whenever circumstances change.

3.6. Food Management

The nursery will:

- Obtain detailed information regarding food allergies.
- Ensure allergy information is clearly communicated to relevant staff.
- Check ingredient labels before serving food.
- Prevent cross-contamination during food preparation and serving.
- Maintain effective hygiene procedures.

5: Organisation, information and documentation

- Ensure children are appropriately supervised during mealtimes.

Where meals are provided by external caterers, allergy information will be shared and regularly reviewed.

Parents must not bring food into the nursery unless previously agreed with management. All packed lunches must reflect the nursery-provided menu to ensure allergy safety.

3.7. Activities and Resources

The nursery will assess potential allergens in:

- Arts and crafts materials.
- Sensory play materials.
- Cooking activities.
- Outdoor activities.
- Animals and nature-based experiences.

Alternative materials will be provided where necessary.

3.8. Medication

The nursery will only administer medication:

- Prescribed for the child.
- Supplied in the original container.
- Within the expiry date.
- In accordance with the child's healthcare plan.

Emergency medication, including adrenaline auto-injectors, inhalers and antihistamines, will:

- Be readily accessible.
- Never be locked away if immediate access is required.
- Accompany children during outings.

Medication checks will be completed regularly.

3.9. Recognising Allergic Reactions

Mild to Moderate Symptoms

May include:

- Itchy skin
- Rash or hives
- Swelling of lips, face or eyes
- Runny nose
- Sneezing
- Mild stomach discomfort

Severe Symptoms (Anaphylaxis)

May include:

- Difficulty breathing
- Wheezing
- Persistent coughing
- Swelling of the tongue or throat
- Hoarse voice
- Collapse or unconsciousness
- Pale, floppy or unresponsive behaviour

Anaphylaxis is a medical emergency.

3.10. Emergency Procedures

If a child displays signs of an allergic reaction:

3.10.1. Mild Reaction

1. Follow the child's healthcare plan.
2. Monitor the child closely.
3. Administer prescribed medication if required.
4. Inform parents.

3.10.2. Suspected Anaphylaxis

1. Administer the prescribed adrenaline auto-injector immediately.
2. Call 999 and request an ambulance, stating "Anaphylaxis."
3. Contact parents immediately.
4. Keep the child lying down or seated comfortably.
5. Monitor breathing and responsiveness.
6. Administer a second adrenaline auto-injector if instructed by emergency services or as detailed within the healthcare plan.
7. Record the incident fully.

A child who has received adrenaline must always be taken to the hospital for assessment.

3.11. Training

The nursery will ensure:

- All staff receive allergy awareness training.
- Relevant staff receive training in the use of adrenaline auto-injectors.
- Refresher training is completed regularly.
- New staff receive induction training before assuming responsibility for children.

Training records will be maintained.

3.12. Outings and Visits

Prior to outings, staff will:

- Review allergy risk assessments.
- Ensure emergency medication accompanies the child.
- Ensure staff know emergency procedures.
- Carry emergency contact information.

Children with allergies will be included in outings wherever possible, following appropriate risk assessment.

3.13. Recording and Reporting

Any allergic reaction, medication administration or near miss will be recorded.

Records will include:

- Date and time.
- Details of the incident.
- Actions taken.
- Medication administered.
- Staff involved.
- Outcome.
- Parent notification.

Serious incidents will be reviewed to identify any improvements required.

3.14. Monitoring and Review

This policy will be reviewed annually or sooner if:

- Legislation changes.
 - Guidance is updated.
 - A significant incident occurs.
 - Nursery practices change.
-

4. Consumables and Toiletries Policy

4.1 Aims

Miss B's Nursery aims to provide essential consumables and toiletries to support children's daily care routines, ensuring consistency, hygiene, and convenience for families.

4.2 Provision of Consumables

The nursery provides the following items as part of the overall fees:

- Nappies
- Wipes
- General toiletry items, for example nappy creams
- Basic hygiene products that are used throughout the day, for example sun cream

These items are included to maintain high standards of care and to reduce the need for parents to supply everyday essentials.

If a parent has a preference for a certain product, they must ensure a sufficient supply is kept at the nursery for their child to utilise.

4.3 Formula Milk

Formula milk is not provided by the nursery. Due to the wide range of brands and individual preferences, parents must provide their child's preferred formula.

4.4 Hygiene and Safety

All consumables and toiletries are used in accordance with health and safety guidelines. Staff follow strict hygiene procedures, including handwashing and appropriate waste disposal, to minimise the risk of infection and ensure children's wellbeing.

These practices align with EYFS safeguarding and welfare requirements, supporting children's health while maintaining a safe and clean environment.

Staff remain vigilant to any concerns regarding children's health, hygiene, or wellbeing, and will follow the nursery's safeguarding procedures where necessary.

5: Organisation, information and documentation

5. Safeguarding and Welfare Links

All staff are trained to recognise signs of concern and understand their responsibilities to report and act in accordance with safeguarding procedures. Ensuring children receive appropriate nutrition, hygiene, and care forms a key part of protecting their welfare.

6. Monitoring and Review

This policy will be reviewed regularly to ensure it remains in line with current legislation, guidance, and best practice, including updates to EYFS requirements and safeguarding guidance. Feedback from parents, carers, and staff will be considered as part of this process.
