

Mother Goose Nursery

Nut free Policy

Written by Jacqui Snell – Deputy Manager

At Mother Goose Nursery, we aim to be a nut free nursery, due to the possibility of children and staff having nut allergies. Although we recognise that being nut free cannot be guaranteed, here at Mother Goose Nursery we still aim to be a Nut-Free Nursery.

This policy serves to set out all measures to reduce the risk to those who may suffer if exposed to nuts. The Nursery aims to protect children and staff who have allergies to nuts. We also aim to help children, as they grow up, to take responsibility for what foods they can eat and to be aware of where they may be put at risk.

Our “Nut-Free Policy” means that the following items should not be brought into Nursery:

- Packs of nuts
- Peanut butter/chocolate spread sandwiches
- Fruit and cereal bars that contain nuts.
- Chocolate bars or sweets that contain nuts. E.g., M&M's
- Sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame)
- Cakes made with nuts.

All product packaging must be checked for warnings directed at nut allergy sufferers and if the following or similar are displayed, the product must not be brought into the nursery:

- Not suitable for nut allergy sufferers.
- This product contains nuts.
- This product may contain traces of nuts.

To reduce the risk of an allergic reaction for a child or staff in our care:

The nursery will:

- Make sure cooking ingredients do not include nuts.
- Make sure snack items which we provide are nut free.
- Inform all parents/carers of this policy.
- Place a copy of the policy on our website.
- Ensure staff and volunteers do not bring food containing nuts onto the nursery premises.
- We have a policy to not use nuts in any of our food prepared on site at our Nursery. However, we cannot guarantee freedom from nut traces.

We ask parents/carers:

- If sending cakes etc. to setting for their child's birthday, they do not contain any nuts or nut traces and must list the ingredients.
- If giving a present to members of the staff, which contains nuts, please ensure they are sealed, staff member notified and the staff member will not open it on the nursery premises and not leave the present in reach of others.

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- Must notify staff of any known or suspected allergy to nuts and provide all medical and necessary information. This will be added to the child's care plan and if necessary, a meeting organised with the Nursery.
- If you are unsure about an ingredient, please speak to a staff member before bringing the food item into the Nursery.
- Observe the nut-free policy and therefore do not include nuts, or any traces of nuts, in packed lunches (if provided).

We endeavour to ensure that there are no nuts or nut traces in any of our food. This means no food products containing nuts are to be brought into the building and to be consumed on site. We hope to reduce the risk of any child or staff member, who may have or develop an allergy to nuts encountering a food product which could potentially be very harmful. We realise that many foods are labelled as having 'traces of nut' or 'cannot guarantee nut free' which are very difficult to avoid. We will assess these foods on an individual basis.