

Allergy Awareness Policy

This policy is concerned with Tarner Community Project's management of children/ young people suffering from specific allergies and providing a safe environment for all.

We cannot guarantee a completely allergen free environment but our aim is to minimise the risk to children/ young people with allergies, to encourage self-responsibility, awareness in others and to plan for effective and safe responses to possible emergencies.

The Food Information Regulation (Dec 2014) requires us as an organisation to provide information about allergenic ingredients. There are 14 allergens that we need to be particularly aware of. These are as follows

- **Celery**
- **Cereals using gluten (including wheat, Rye, Barley and Oats)**
- **Crustaceans (such as prawns, crabs and lobsters)**
- **Eggs**
- **Fish**
- **Lupin**
- **Milk**
- **Molluscs**
- **Mustard**
- **Tree Nuts (including Almonds, Hazelnuts, Walnuts, Brasil Nuts, Cashews, Pecans, Pistachios and Macadamia Nuts)**
- **Peanuts**
- **Sesame seeds**
- **Soyabeans**
- **Sulphur dioxide and sulphites**

Common causes of allergies are nuts (in particular peanuts), dairy products, eggs, wasps, ants and bees.

An allergic reaction to nuts is the most common high risk allergy and therefore requires more rigorous controls. We strongly encourage parents/carers, staff and children/ young people to avoid bringing in foods that contain nuts to youth sessions. Such products may include:

- **Nuts**
- **Most types of chocolate spread**
- **Peanut butter**
- **Nutella and similar spreads**
- **Most fruit and nut cereal bars and muesli bars**

Ofsted Number: EY471335.

Registered Charity Number: 1152321.

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Principal Address: Tarner Park, Sussex Street, Brighton, East Sussex, BN2 9QN



- **Some biscuits**
- **Chocolates and any other products that have nuts listed in the ingredients.**
- **Please speak to a member of staff if you are unsure about any food products or need help in finding nut free alternatives.**

Tarner Community Project acknowledges that it is impractical to ask not to send food which states “may contain traces of nuts” on the label. This nut policy applies to those ingredients specifically listed on the product label. For example if a food product lists nuts or a nut in its ingredients it will be put away safely and an alternative provided.

Any food taken away from a child/ young person will be returned to the parent/carer at the end of the day.

To be extra vigilant children/ young people with food containing traces of nuts will be seated separately from the child/ren who have the allergy. This will be done in a sensitive manner and not in any way to ostracise or make any child/ young person feel uncomfortable.

We will discuss allergies, food safety & hygiene (please refer to our Healthy Eating Policy) and aim to raise awareness about allergies. This will be done with the consent of the parent/carer to avoid any confidentiality concerns.

Reviewed and updated; October 2019

Date of next review; October 2020

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