



## **T.C.C PRE-SCHOOL**

### **Nut allergy Policy**

#### **Policy statement**

At Pre-school we are aware that some child as well as adults are or could have an allergy to nuts and/or Sesame Seeds. The severity of the reaction that occurs from exposure to nuts is variable, ranging from a mild rash to a potentially life threatening condition. In a person with a severe reaction the following symptom can occur very quickly:

- Swelling of the throat
- Difficulty in breathing, due to closing up of the throat
- Feeling weak and dizzy, due to drop in blood pressure
- Collapse and unconsciousness

We have a duty to safeguard the health and safety of everyone who uses TCC Pre-school and because of this we are operating a no nut policy.

#### **Procedures**

We would ask all parents/carers to make sure that they do not send their child to Pre-school with any type of nuts or snacks which obviously contains nuts:

- No nuts
- No Sesame Seeds
- No cereal bars containing nuts
- No peanut butter

- No chocolate nut spreads
- No food containing traces of nuts
- No Houmous

All labels on food packaging should be read carefully, as many foods, especially chocolate, biscuits and cake products contain traces of nuts, this also includes sesame seeds.

Most people with a nut allergy react after contact with a small amount (less than one nut) and some people may react to trace amounts. This means that they don't always have to eat nuts to have a reaction. A few people are so sensitive to nut allergens that a tiny amount on their lips or even standing next to someone eating nuts (airborne) can be enough to start a reaction.

**PRE-SCHOOL ARE NOT HELD RESPONSIBLE FOR ANY ITEMS OF FOOD THAT IS SUPPLIED BY PARENTS FOR LUNCH CLUB THAT CONTAINS NUTS.**

This policy was adopted at a meeting of	T.C.C Pre-school _____
Date to be reviewed	February, 2016 _____
Signed on behalf of the Pre-school committee	_____
Name of signatory	G Perry _____
Role of signatory (e.g. chair/owner)	Chairperson _____