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| <b>Name:</b>  | <b>Date written:</b>   |
| <b>Managing Food Allergies, Intolerances and Meeting Cultural Needs Policy</b>  | <b>Sept 2021</b>       |
| <b>Written by/Reviewed by:</b>  | <b>Date of Review:</b> |
| <b>Louise Lloyd-Evans/Emma Holmes</b>   | <b>15/9/23</b>         |
| <b>Policy Statement</b>   |                        |
| This policy outlines our legal requirements and best practice when providing food and drinks for children with allergies, intolerances, and other special dietary requirements.   |                        |
| <b>Aims and Purpose</b>   |                        |
| We are a plant-based nursery, and our diet is extremely inclusive. However, sometimes our families require extra measures because of allergies, intolerances, or cultural requirements.   |                        |
| By 'special diet' we mean one that cannot be selected freely from the main choices of snacks and meals that we have available. This could be due to an allergy, intolerance, or other medical need. A 'special diet' may be because children are following a religious or cultural diet. Preferences for a diet for children such as a vegetarian or vegan diet are not deemed a 'special diet' as we provide a plant-based menu. |                        |
| <b>Applicability</b>  |                        |
| Staff<br>Parents  |                        |
| <b>Definition of Terms</b>  |                        |
| Plant-based: (of food or a diet) consisting solely of vegetables, grains, pulses, or other foods derived from plants, rather than animal products   |                        |
| <b>Overview</b>   |                        |
| General Procedures<br>Medical Considerations<br>Cultural Considerations   |                        |
| <b>Procedures</b>   |                        |
| <b>General Procedures</b>   |                        |

- Before a child is admitted we obtain information about any special dietary requirements, preferences, and food allergies that the child has, and any special health requirements. This information is checked by the pod lead and uploaded on to Family.
- Once recorded we act on any information and disseminate information to the rest of the team
- We provide allergen information to all parents about the food and drink that we provide
- The menu is plant based, and lunches are supplied by The Professional Nursery Kitchen
- Children with special needs are included in meals and snack times
- We do not use food as part of any play activities. Children do undertake cooking experiences, a key person and pod lead will be responsible for risk assessing this.
- Information and communication between parents and the staff team, is the reasonability of pod leads
- The staff team are all Level Two Food Hygiene trained.

### Medical Considerations

- Parents are entirely responsible for communicating any new allergy or intolerance directly to the key person and pod lead
- All staff are trained to recognise any new allergic reaction or intolerance and communicate any concerns to parents to decide the most appropriate course of action
- If a child requires a special diet, we talk to the parent and agree how to meet that child's dietary needs, on a case-by-case basis. Parents will need to seek advice from a registered dietitian or a doctor. We will draw up a personal action plan and ensure all staff are aware of its procedures.
- Specific diets requested for medical reasons must have written confirmation of the allergy/ medical need and be agreed in conjunction with the child's GP, dietician or other health professional. Foods are not removed from a child's diet without a specific medical need.

### Cultural Considerations

- At Young Friends we nurture a culture of inclusion and respect for others' beliefs. Any religious or cultural needs will be discussed during the settle time and will be handled respectfully.

### External Links and Organisations

The Professional Nursery Kitchen : [Healthy Food Delivered for Children's Nurseries | The Professional Nursery Kitchen](#)

### Relevant Policies and Documents

Communications Policy

Equalities and Diversity Policy  
Food and Kitchen Hygiene Policy  
Settling in and Transitions Policy  
Medication Policy

### Authorisation

Signature:



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