**Food, Drink and Allergens Policy**

Date of Policy: April 2019 Responsibility: Kallie Barrington-Light Review Date: April 2020

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| A good balanced diet is vital for children to develop healthily along with fresh air and regular exercise.I do not provide food and ask that all parents provide a lunch box for their child containing all the food they will require for the day.  I would respectfully ask that no chocolate or sweets are included.  Other children do not understand why one child has sweets when they do not.  Also, during the summer we go out a lot and chocolate tends to melt by lunchtime.All food and drink will be consumed at the table and we will all sit and eat together at meal times to ensure that this is a regular, pleasant and social event.  I sit with the children and encourage them to talk and listen to each other, learning to respect each other’s views and opinions, likes and dislikes, etc.  I encourage children to take turns, share and be polite and also encourage common courtesies such as saying ‘please’ and ‘thank you’.I am aware of my responsibilities under food hygiene legislation and have registered with the relevant Environmental Health Department.  I am happy to have my premises inspected by an Environmental Health Officer.I will ensure that all work surfaces and utensils have been thoroughly cleaned before any food preparation or food handling takes place.Baby changing facilities will not be near food preparation areas.Laundry will not be carried out during times of food preparation and any soiled clothing or detergents will not come into contact with food preparation areas.If there is an outbreak of food poisoning affecting two or more children looked after on my premises, I will notify Ofsted as soon as reasonably practicable but in any event within 14 days of the incident occurring in order to comply with regulations. I completed a food hygiene course in March 2016.   |

From December 2014, the EU Food Information for Consumers Regulation (EU FIC) comes into force. This essentially means there is a change in the way that we provide information to the consumer (or in this case the parents of the consumers).

There is now a legal responsibility to provide allergen information, about the ingredients that is in the food that is prepared for your child. This information needs to be shared and kept updated whilst your child is in my care.

As I provide food, it is my responsibility to know which allergenic ingredients are present in the food that your child is given. Below is the list of the 14 major allergens, please use this chart to also document any information relating to your child. This will then be used to ensure that your child is not given any foods where an identified allergen is present.

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|   | There are 14 major allergens which need to be declared when used as ingredients The following list tells you what these are and provides some examples of foods where they may be found: | Please provide information here regarding any intolerances your child may have |
| Celery | This includes celery stalks, leaves and seeds and celeriac. It is often found in celery salt, salads, some meat products, soups and stockcubes. |   |
| Cereals containing gluten | This includes wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats. It is often found in foods containing flour, such as some baking powders, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and foods dusted with flour. The cereal will need to be declared. However, it is up the childminder to declare the presence of gluten with this. |   |
| Crustaceans | This includes crabs, lobster, prawns and scampi. It is often found in shrimp paste used in Thai curries or salads. |   |
| Eggs | This is often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and foods brushed or glazed with egg. |   |
| Fish | This is often found in some fish sauces, pizzas, relishes, salad dressings, stock cubes and in Worcestershire sauce. |   |
| Lupin | This includes lupin seeds and flour, and can be found in some types of bread, pastries and pasta. |   |
| Milk | This is found in butter, cheese, cream, milk powders and yoghurt. It is often used in foods glazed with milk, powdered soups and sauces. |   |
| Mollusks | This includes mussels, land snails, squid and whelks. It is often found in oyster sauce or as an ingredient in fish stews. |   |
| Mustard | This includes liquid mustard, mustard powder and mustard seeds. It is often found in breads, curries, marinades, meat products, salad dressing, sauces and soups. |   |
|   Nuts | This includes almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia or Queensland nuts. (These can be found in breads, biscuits, crackers, desserts, ice cream, marzipan almond paste), nut oils and sauces. Ground, crushed or flaked almonds are often used in Asian dishes such as curries or stir fries. |   |
|  Peanuts | This can be found in biscuits, cakes, curries, desserts and sauces such as for satay. It is also found in groundnut oil and peanut flour.  |   |
|  Sesame seeds | This can be found in bread, breadsticks, houmous, sesame oil and tahini (sesame paste). |   |
|   Soya | This can be found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu. It is often used in some desserts, ice cream, meat products, sauces and vegetarian products. |   |
| Sulphur dioxide | This is often used as a preservative in dried fruit, meat products, soft drinks and vegetables as well as in wine and beer. |   |

My Procedure

In the case where I employ assistants or co childminders, then I will ensure that this information is accessible to them and they are kept up to date. They will also be aware of the policies and procedures that are in place to support food safety.

When preparing any dish I will think carefully, and read any contents labels, about the ingredients within the recipe to ensure no identified allergens are present.  No children will be given foods where an allergen has been identified, and this would include the other minded children on that day to avoid any potential cross contamination or exposure to the allergen.

If I am making food for a child that has an allergy, I will follow good hygiene practices. I will wash my hands prior to preparing any foods and I will also make sure that all work surfaces and equipment have been thoroughly cleaned. I am also aware and follow the guidance as set out in the document ‘safer food, better business for childminders’ from the Foods Standards Agency.

When a written menu is offered I will ensure that the 14 allergens are included and shared with you. In other instances this information will be offered verbally.

It is also important that you, the parent, keep me informed if your child develops any allergies or food intolerance, whilst in my care.

Dealing with severe allergic reaction

I will ensure that myself and my assistants know how to respond if we ever have to deal with a severe allergic reaction whilst in my care.

I am aware that a child may be having an allergic reaction if they are displaying the following signs.

·                        Having difficulty in breathing

·                        Lips and mouth are swollen

·                        If they collapse

In the event of a child having an allergic reaction in my care, I will follow the procedure outlined below.

·                        Do not move the child, because this could make them worse.

·                        Call 999 immediately and describe what is happening; explain that you think the child may be having a serious allergic reaction or anaphylaxis. It is important to mention the word anaphylaxis to ensure that the urgency of the situation is communicated and that appropriate medication will be available.

·                        Ask the child (where appropriate); if they carry an adrenaline pen and if necessary help them retrieve it. If they are struggling to self-administer, then offer to assist them.

·                          Any child known to me to have an adrenaline pen, I will have received prior training to ensure that that is then administered correctly.