



## **Allergy Procedure**

Baby Duck's has taken the following steps to ensure that children with allergies, medical conditions and dietary requirements are appropriately cared for:

Each term a list of children with allergies / medical conditions / dietary requirements will be printed with copies on the staff clipboard, in the bathroom and on the snack box.

This list will be updated as necessary when new children enrol.

Potentially fatal allergies will be highlighted.

**All** staff, including temporary staff and students, will be made aware of children with allergies.

### **Common types of allergy:**

Peanuts, also called groundnuts, are found in many foods, including sauces, cakes and desserts. They are common in Thai and Indonesian dishes, e.g. satay sauce. Watch out for peanut flour and groundnut oil too.

Nuts, people with nut allergy can react to many types of nut, including walnuts, almonds, hazelnuts, Brazil nuts, cashews and pecans. Nuts are found in many foods, including sauces, desserts, crackers, bread and ice cream. Watch out for nut oils, marzipan and ground almonds too.

Milk, people with milk allergy need to avoid foods containing milk, yoghurt, cream, cheese, butter and other milk products. Watch out for dishes glazed with milk and ready-made products containing milk powder.

Eggs are used in many foods including cakes, mousses, sauces, pasta and quiche. Sometimes egg is used to bind meat products, such as burgers. Watch out for dressings containing mayonnaise and dishes brushed with egg.

Gluten, people who have gluten intolerance (also called coeliac disease) need to avoid cereals such as wheat, rye and barley, and foods made from these. Wheat flour is used in many foods such as bread, pasta, cakes, pastry and meat products. Watch out for soups and sauces thickened with flour, foods that are dusted with flour before cooking, batter and breadcrumbs.

## What to do if things do wrong

If you think a child is having a severe allergic reaction:

- Do not move them.
- Ring 999 and ask for an ambulance with a paramedic straight away.
- Explain that the child could have anaphylaxis (pronounced 'anna-fill-axis').
- Send someone outside to wait for the ambulance.