

Nut-Free Policy

Although we recognise that being nut free cannot be guaranteed, Little Rainbow Day Nursery still aims to be a Nut-Free Nursery. This policy serves to set out all measures to reduce the risk to those who may suffer an anaphylactic reaction if exposed to nuts. The Nursery aims to protect children who have allergies to nuts yet also help them, as they grow up, to take responsibility for what foods they can eat and to be aware of where they may be put at risk.

Our “Nut-Free Policy” means that the following items should not be brought into Nursery:

- **Packs of nuts**
- **Peanut butter sandwiches**
- **Fruit and cereal bars that contain nuts**
- **Chocolate bars or sweets that contain nuts. E.g. M&M’s**
- **Sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame)**
- **Cakes made with nuts**
- **In the interest of keeping all children safe we request that parents do not give their child nuts to eat on the way to nursery**

We have a policy to not use nuts in any of our food prepared on site at our Nursery. Our suppliers provide us with nut-free products. However, we cannot guarantee freedom from nut traces. Any birthday treats such as sweets, that is provided by the parent cannot be given to the children.

Definitions

Anaphylaxis (also known as anaphylactic shock) is an allergic condition that can be severe and potentially fatal.

Anaphylaxis is your body’s immune system reacting badly to a substance (an allergen), such as food, which it wrongly perceives as a threat. The whole body can be affected, usually within minutes of contact with an allergen, although sometimes the reaction can happen hours later.

Staff

Staff and volunteers must ensure they do not bring in or consume nut products in the Nursery and ensure they follow good hand washing practice.

Caution must be taken at certain times of the year such as Easter and Christmas. If Staff distribute confectionary, care must be taken to ensure that no nuts are included in the product. Fruit sweets such as Haribos are a better alternative. Particular confectionary that are a cause for concern are: Celebrations, Roses, Heroes and Quality Street.

All product packaging must be checked for warnings directed at nut allergy sufferers and if the following or similar are displayed, the product must not be brought into the Nursery. Packaging must be checked for:

- Not suitable for nut allergy sufferers;
- This product contains nuts;

- This product may contain traces nuts;
- Indicating this is unsuitable for Nursery consumption

Parents and Carers

Parents and carers must notify staff of any known or suspected allergy to nuts and provide all medical and necessary information. This will be added to the child's care plan and if necessary, a meeting organised with the Nursery.

Homemade snacks or party food contributions must have a label detailing all ingredients and the kitchen environment where the food was prepared must be nut free. If you are unsure about an ingredient, please speak to a staff member before bringing the food item into the Nursery. The Nursery requests that parents and carers observe the nut-free policy and therefore **do not** include nuts, or any traces of nuts, in packed lunches (if provided).

Symptoms

The symptoms of anaphylaxis usually start between three and sixty minutes after contact with the allergen. Less commonly they can occur a few hours or even days after contact.

An anaphylactic reaction may lead to feeling unwell or dizzy or may cause fainting due to a sudden drop in blood pressure. Narrowing of the airways can also occur at the same time, with or without the drop-in blood pressure. This can cause breathing difficulties and wheezing.

Other symptoms:

- Itching
- Sore, red, itchy eyes
- Changes in heart rate
- A sudden feeling of extreme anxiety or apprehension
- Itchy skin or nettle-rash (hives)
- Unconsciousness due to very low blood pressure
- Abdominal cramps, vomiting or diarrhea, or nausea and fever.

Anaphylaxis varies in severity. Sometimes it causes only mild itchiness and swelling, but in some people, it can cause sudden death. If symptoms start soon after contact with an allergen and rapidly worsens, this indicates that the reaction is more severe.

[Last updated January 2025](#)