



Calder Valley Steiner Education

Calder Valley Steiner Nursery

Making time for Childhood

Food allergies and Intolerance Policy

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Date Ratified by Trustees	
Status	Awaiting ratification
Last Review Date	
Policy Number	

This policy is for all staff, trustees, volunteers and cover staff

All staff should be aware of procedures

This policy has been written in line with:

Early Years Framework, 2026

Anaphylaxis UK, 2026

Information Gathering and Communication On entry

- **Pre-entry data collection:** CVSE will gather details on food allergies, intolerances, and special dietary needs before a child starts in nursery

- **Active sharing:** Information will be actively shared with all staff, including cover and volunteer staff
- **Ongoing dialogue:**
- Because allergies can develop at any time, CVSE must maintain regular communication with parents to update needs and food textures.

Allergy action plans

- CVSE will complete an Individual, written allergy action plan and must be created in consultation with parents and shared with all staff.
- Any child with an allergy or intolerance will have an individual plan with photo displayed in the kitchen area

Mealtime Safety and Supervision

- **Paediatric first aid:** A staff member with valid paediatric first aid training must be present at any time when children are eating.
- **Staff member** must check that the food and drink served at every single meal and snack matches each child's individual dietary requirements.
- **Close supervision:** Children must be closely observed while eating to prevent choking or cross-contamination, and any choking incidents must be logged and reported to parents.
- **Food will be chopped** to the required size to reduce risk (Appendix 1)
- **Individual children,** if an individual child is known to put too much food in their mouth and is known to cause gagging, their food will be chopped and served accordingly
- **All staff, volunteers and cover** will be made aware of all individual requirements.

Medication and Emergency Response

- **Accessible medication:** Emergency medication—such as adrenaline auto-injectors (AAIs)—must **never** be locked away; it must be easily accessible in the room where the child is located.
- **Clear storage:** Emergency medication containers must be clearly labelled with the child's name, containing their up-to-date action plan and required medication.
- **Staff training:** All staff must receive specific annual training in allergy awareness, day-to-day management, and anaphylaxis emergency response.

Working in partnership

- All information will be gained from open communication with parents; this will be on going
- Parents will be made aware for the need to take a photo of their child for the internal display

Additional information

CVSE is a nut free nursery.

Any packed lunches will be nut free and healthy

Appendix 1

Food must be chopped accordingly to reduce the risk of choking or gagging

- Apples – sliced into rings, to encourage nibbling
- Grapes – cut into 4
- Bread – cut into soldiers to ensure too much can not put into mouth at once
- Cheese - will be grated
- Carrots – small and length way
- Broccoli – small pieces
- Potato's – baked or small chip size
- Fruit – all cut into small pieces, length wise, so can be nibbled rather than put in at once

NB it may be required for individual children to have their food chopped / mushed according to their individual need.

This will be documented on their individual plans, displayed in the kitchen.

All staff should be aware of procedures/individual plans