

Dietary Requirements and Allergy Policy September 2025

Aim of the Policy

To ensure parents and nursery team members understand the process for keeping children who have allergies safe and protected within our settings.

Forms

If a child has a food/drink allergy or dietary preference, a Food Allergy and Dietary Requirement Form must be completed before the child attends nursery. It is important to note that should there be a dietary preference that restricts a child from receiving a nutritious diet, advice must be sought by a medical professional and must meet the requirements set out in our Nutrition Policy.

If a child has an allergy that isn't food related, an Allergy Form must be completed before the child attends nursery.

Both forms are kept in the child's personal file, with a copy also kept within the room, and must clearly detail the expected reaction and steps required should a child become exposed to an allergen, including required medication.

Both forms must be updated each term. If an update is required within this time, parents/carers must communicate this immediately to the nursery management team.

Medication

All staff are paediatric first aid trained within 3 months of appointment but, where necessary and feasible, staff will be trained additionally in dealing with and administering medicines for a child if an allergic reaction takes place at nursery. Until satisfactory training is complete, the child will be unable to commence their sessions at the setting.

Children requiring an adrenaline injection should have two labelled pens available and an injection belonging to a child must be used on that child only.

All medication will be stored and administered in line with our Administering Medication Policy.

Mealtimes

Minibugs provide in house prepared meals for the children during their sessions. Minibugs is a nut-free nursery and only food prepared at nursery can be given to the children. Minibugs do not accept packed lunches or other foods from home to ensure that we take all steps necessary to prevent children being exposed to allergens.

Upon notification of a dietary requirement, the nursery management team will ensure that the correct steps are taken to ensure the child has suitably prepared food, with alternatives to the standard menus being prepared where necessary. Steps include:

- An individual placemat detailing the dietary requirement.
- A correct colour coded plate/cup for the child.
- Additional internal forms completed and displayed for all staff.

Food in Play



Minibugs will ensure that no food is used in play for the duration of a session if it contains a known allergen for a child in attendance.