



4.23 Nuts and Nut Products

Written By

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Aim

To ensure children with a nut allergy are identified and protected as far as possible from an allergic reaction while at Preschool.

Strategies

Food allergies in children are common and are usually due to peanuts, other tree nuts (brazil, cashew, hazelnuts, almonds), fish, shellfish, eggs, wheat, milk, milk products, soy, seed and some fruits. Peanut allergy is the most likely allergy to need availability of adrenaline. The most severe form of allergic reaction to any substance is anaphylaxis and effective immediate management requires adrenaline.

To minimise the risk of exposure of children to foods and products that might trigger severe allergy or anaphylaxis in susceptible children, staff should:

- Ensure the nut allergy is recorded on the enrolment form.
- Ensure families provide information on the child's allergies, their doctor's name, address and phone number, emergency contact names and phone numbers, and an Anaphylaxis First Aid Plan or Emergency Medical Plan approved by their doctor during enrolment and prior to the child starting at the service. A risk management plan will be developed and kept at Preschool.
- Ensure all staff are aware of children that have a nut allergy and that information is posted in appropriate areas (following privacy guidelines). Where privacy guidelines cannot be followed explain to families the need to do so for purpose of safety of the child and obtain parental consent.
- Ensure all staff are aware of possible nut sources and will remove the product where possible. Some possible nut sources are:
 - Peanut butter, Nutella, mixed nuts, crushed nuts in sauces.
 - Asian foods eg, Satay, Indonesian and Thai Foods.
 - Pesto is an Italian sauce made with nuts.
 - Arachis is an alternative term for peanut.
 - Marzipan is a paste of ground almonds and sugar.
 - Health Food confectionery bars including Muesli bars.
 - ALL cakes and pastries with unknown ingredients, particularly "health cakes" such as carrot cake, pumpkin cake or pie, fruit and nut rolls etc.
 - Biscuits, other than plain, sweet or savoury, (especially chocolate coated), need to be thoroughly checked.
 - Confectionery such as praline and nougat are nut products.
 - Muesli and fruited breakfast cereals. Ingredients need to be checked on all breakfast cereals.
 - Chocolate, particularly compounded, as in Easter eggs, health food bars, fancy and imported chocolates.
 - Vegetarian dishes.
 - Salads and salad dressings.

- Other products would include shampoos, shaving creams and health care products that may contain peanut and almond oil. Sunscreen lotion may contain peanut oil. Some brands of lipsticks and foundations may contain nuts.
- Loramine Wax and Peanutamide are alternative terms for peanut and may be used in some cosmetics.
- Some animal/bird feed contain peanuts and other nuts - Check animal food.
- Ensure all staff are trained in the signs of an allergic reaction including anaphylaxis. All staff are to hold current first aid certificates including anaphylaxis and asthma training (HLTAID012).
- Undertake Preschool based training on the administration of an EpiPen.
- Ensure all parents are informed of the Preschool's Nut Free Policy.
- In any case where a child is having a severe allergic reaction or any symptoms or signs of anaphylaxis, the Preschool staff should immediately:
 - Administer EpiPen according to instructions
 - Administer first aid or medical treatment according to either the child's Anaphylaxis First Aid or Emergency Medical Plan, a doctor's instructions, or if these are not available, use the First Aid Plan for Severe Allergic Reaction as displayed at Bermagui Preschool.
 - dial 000 for an ambulance and
 - notify the families
 - complete an Incident, Injury & Trauma Record Form, near miss risk assessment form.
 - Counselling and support should be made available to staff, children and families following an anaphylactic emergency.
- If nuts or nut products are found in a child's lunch box the food is to be placed in a plastic bag and sent home with a note to remind the parent/guardian. Replacement food will be provided to the child by the Preschool.
- Direct any concerns or complaints regarding the Preschool's Nut Free Policy to the Nominated Supervisor/ Responsible Person.

Resources & References

Children Services NSW "Model Policies & Practices"
Community Child Care Co-operative "Food Allergies & Anaphylaxis"

Relevant Documentation

Allergies & Anaphylaxis - Reducing the Risk of
Food Allergies & Anaphylaxis – Management of
Needles and Sharps - Handling, Use and Disposing of
Near Miss Risk Assessment Form
7.01 Incident, Injury & Trauma Record Form

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