

SAFE METHOD:

# FOOD ALLERGIES



It is important to know what to do if you look after a child who has a food allergy, because these allergies can be life-threatening

SAFETY POINT	WHY?
<p>Always check if children have any food allergies and keep a written record of these.</p>	<p>It is a good idea to be able to refer to this record when preparing and serving food.</p>
<p>Make sure you check all the ingredients of any meals and snacks you give to a child with a food allergy. For example, if you make a cheese sandwich, check the ingredients of the bread, cheese, spread and anything else you put in the sandwich. <b>Never guess.</b></p>	<p>If someone has a severe allergy, they can react to even a tiny amount of the food they are sensitive to. You can find out more about allergies on the <a href="#">FSA website</a>.</p>
<p>Keep a record of the ingredient information of any ready-made food and drink you use in the children's food. Separating and labelling ingredients is very important to help you to easily identify what is in the meal. Foods should be covered and placed in sealed containers if needed and any spillages should be cleaned up quickly.</p>	<p>This is so you can check what is in the food.</p>
<p>If you are cooking, remember to check the ingredients of any oil, sauce, dressing or other packaged foods, including tins and jars. If you are not sure, do not give the food to the child.</p>	<p>Any of these could contain an ingredient the child is allergic to.</p>
<p>When you are preparing food for a child with a food allergy, make sure you do not contaminate foods whilst you are preparing them. Clean worktop and equipment thoroughly before you start. Make sure you also wash your hands thoroughly first.</p> <p>If you make a mistake when preparing a dish for an allergy sufferer, do not just remove the ingredient containing the allergen from the dish – start from scratch with fresh ingredients.</p> <p><b>Remember: unlike bacteria, allergens are always present in food and cannot be removed or destroyed by cooking</b></p>	<p>This is to prevent small amounts of the food that a child is allergic to getting into the food by accident which could prove fatal.</p>
<p>If a parent / guardian of a child with an allergy provides food, make sure it is clearly labelled with the child's name.</p>	<p>This makes sure that the child receives the right food and avoids it being given to another child who may have a different food allergy.</p>
<div style="display: flex; justify-content: space-around;">   </div>	

## HOW DO YOU DO THIS?

How do you check if food does not contain a particular allergen / ingredient?

How do you prepare food for a child with a food allergy?



## THINK TWICE!

### Which ingredients can cause a problem?

If asked, you must provide information about the allergens (if they are used as ingredients in the food and drink you provide) to the parents / carers of the children in your care. You can find further information on the [FSA website](#).

These are some of the foods children may be allergic to and where they may be found:

<b>Nuts</b> (Namely almonds, hazelnuts, walnuts, pecan nuts, Brazil nuts, pistachio, cashew, Macadamia or Queensland nut).	In sauces, desserts, crackers, bread, ice cream, marzipan, ground almonds, nut oils.
<b>Peanuts</b>	In sauces, cakes, desserts. Don't forget groundnut oil and peanut flour.
<b>Eggs</b>	In cakes, mousses, sauces, pasta, quiche, some meat products. Don't forget foods containing mayonnaise or brushed with egg.
<b>Milk</b>	In yoghurt, cream, cheese, butter, milk powders. Also check for foods glazed with milk.
<b>Fish</b>	In some salad dressings, pizzas, relishes, fish sauce. You might also find fish in some soy and Worcestershire sauces.
<b>Crustaceans</b>	Such as prawns, lobster, scampi, crab, shrimp paste.
<b>Molluscs</b>	These include mussels, whelks, squid, land snails, oyster sauce.
<b>Cereals containing gluten (namely wheat (such as spelt and Khorasan wheat), barley, rye and oats)</b>	Also check foods containing flour, such as bread, pasta, cakes, pastry, meat products, sauces, soups, batter, stock cubes, breadcrumbs, foods dusted with flour.
<b>Celery</b>	This includes celery stalks, leaves and seeds and celeriac. Also look out for celery in salads, soups, celery salt, some meat products.
<b>Lupin</b>	Lupin seeds and flour in some types of bread and pastries.
<b>Mustard</b>	Including liquid mustard, mustard cress, mustard powder and mustard seeds, in salad dressings, marinades, soups, sauces, curries, meat products.
<b>Sesame seeds</b>	In bread, breadsticks, tahini, houmous, sesame oil.
<b>Soya</b>	As tofu or beancurd, edamame, tempeh, soya flour and textured soya protein, in some ice cream, sauces, desserts, meat products, vegetarian products.
<b>Sulphur dioxide</b> (when added and above 10mg / kg in the finished food and drink)	In meat products, fruit juice drinks, dried fruit and vegetables, wine, beer.

### WHAT TO DO IF THINGS GO WRONG

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

- Do not move them
- If the child has a prescribed adrenaline auto-injector e.g. Epi pen and you have been trained to use it, administer it according to the child's care plan.
- Ring 999 and ask for an ambulance with a paramedic straight away
- Explain that the child could have anaphylaxis (pronounced 'anna-fill-axis')
- Send a responsible person outside to wait for the ambulance
- Contact the parent / guardian of the child after you have called an ambulance.

### HOW TO STOP THIS HAPPENING AGAIN

- Make sure that you and anyone who helps with food preparation, understands how important it is to check all the ingredients of a food and knows about the symptoms and treatment of an allergic reaction. You can find out more about this in the pregnancy and baby guide on the [NHS website](#).
- Review the way food is prepared for a child with a food allergy – are you cleaning effectively first and using clean equipment?

Safe method completed: Date:

Signature: