



Food Restrictions Policy

Date of latest update – August 2026

At Grow Learn Play Project CIC we will always endeavour to minimise risk to staff or children who suffer from allergies or allergic reactions to foods or other substances.

We have taken the decision to create a reactive policy to be regularly reviewed and updated as the staff and children attending our nursery may change or their circumstances around their allergies evolves.

With food manufacturing and packaging ranging as it does, we have concluded that it is impossible to provide certainty to parents that certain foods will not make it into our nursery. As food is all provided by parents, whilst we will make every effort to ensure safety around food, we are not always able to ascertain with 100% certainty on the contents of any food items, nor can we deny children who have been provided with food the opportunity to eat during the nursery day.

Our practice will therefore be as follows:

- 1) To complete a risk assessment for any child suffering from allergies whether it be to food or other substances and to work with their parents/carers to create a workable action plan.
- 2) To ensure that a photo of the child and their allergies are clearly displayed in each room and to make sure new staff to the room are made aware.
- 3) To ensure that meal and snack times for all children are closely monitored by staff sitting at child level whilst they eat and ensuring ratios and safety of numbers of staff around eating children are always managed carefully.
- 4) To ensure that children do not share their food nor take food from another child's lunchbox/plate.

- 5) For all child caring staff to complete allergy awareness training, food hygiene training, paediatric first aid and be trained in the use of epi-pens to be deployed where prescribed.

Current Food Restrictions

In terms of products to be restricted from nursery, as at the date of the policy, noted above we restrict as follows:

Any whole nuts - these represent a choking hazard to small children regardless of allergy concerns.

Any peanuts or peanut products. (including peanut butter etc)

This does mean that we permit products, such as but not limited to, pesto, chocolate spread containing hazelnuts, products labelled “may contain nuts” from the manufacturing processes.

If you are unsure about what may be suitable, please contact the senior team via phone or conversations or ask for a meeting and we will advise.

As a nursery we will ensure that all food products used in play do not contain nuts of any kind and be mindful in the products provided of any other allergies we know to exist within the nursery.

As parents, we ask that you keep your key person clearly updated of any changes to allergies so any adjustments to policies, risk assessments or procedures can be made as required. We also ask that you read and review the updates as they are released and comply with the noted requests.

Signed: The Directors	Date: August 2026
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