

This policy was developed for implementation when a child with a food allergy is enrolled at Wilmington Kindergarten. The most severe form of allergic reaction is anaphylaxis.

### **WHAT IS ANAPHYLAXIS?**

Anaphylaxis is the most severe form of allergic reaction and is potentially life threatening. In the most severe cases, airborne particles containing the allergen can be enough to cause an anaphylactic reaction. Avoidance of the allergen is the key to preventing anaphylaxis. In the event of contact, EpiPen should be administered immediately and call 000.

Symptoms of anaphylaxis may include one or more of the following:

- ◆ coughing
- ◆ swelling of lip, face or body
- ◆ noisy/difficulty breathing
- ◆ hoarse voice
- ◆ difficulty swallowing
- ◆ difficulty talking
- ◆ vomiting

Symptoms may be present in any combination with or without a skin rash.

### **GOLDEN RULES**

- **NO FOOD SHARING**
- **HANDS ARE TO BE WASHED AFTER EATING**
- **EATING AREAS ARE TO BE WIPE CLEAN**

### **HOW WILL THIS AFFECT YOU?**

- No foods containing the allergen(s) should be sent to Kindy with your child.
- No foods containing the allergen(s) will be used in the preschool's play activities.
- If a child inadvertently brings foods containing the allergen(s) to preschool, the following measures will be taken:
  - If the child has other choices available in the lunchbox and is happy not to eat the food, it will be removed.
  - If the child wishes to eat the food, he she will be supervised in a separate area while the food is consumed.

### **NUTS**

**Nuts are one of the most common foods associated with anaphylaxis. In the event of a child with an allergic reaction to nuts enrolling at Wilmington Kindergarten, it will be important for you to check all labels**

**carefully. Any foods that contain nuts as an ingredient are unsafe.** *Some children are also at risk from products containing traces of nuts. You will be advised if this is the case.*

### **UNACCEPTABLE FOODS (LIKELY TO CONTAIN NUTS)**

- Nuts – all nuts including mixed nuts
- Nut butters eg. Nuttalex tm, peanut butter, hazelnut spread
- Nut oils – Peanut oil is also known as arachis hypogea
- Some commercial foods eg. biscuits, muesli bars and chocolate bars
- Pesto and satay sauces
- Some African, Chinese and Thai food
- Fruit and nut loaf or date loaf

### **SAFE LUNCHBOX FOODS**

- Fruit/vegetables
- Meat
- Dairy products
- Bread
- Nut free homemade biscuits/cakes/pastries
- Bellis or IXL fruit bars
- Rice crackers, rice cakes
- Kraft cheese spread and biscuits
- Pasta
- Popcorn

## BECOMING A LABEL READER

- ◆ Helps you learn more about the foods you are eating and
- ◆ Helps you choose suitable commercial products to send with your child to school.

### Step 1: Read the 'ingredients' list

- ◆ Ingredients are listed in order of quantity from largest to smallest.
- ◆ Food ingredients that can cause some individuals adverse reactions – such as peanuts, egg and sesame – will be listed on the label, usually in the ingredients list, however small the amounts.
- ◆ Look for warning statements such as *'this product may contain traces of peanuts or tree nuts'*.

### Step 2 : Respond to the 'ingredients' list

**Foods containing nuts or nut products** can be consumed at home but **should not be sent to Wilmington Kindergarten in your child's lunchbox.**

## IMPLEMENTATION

Parents/caregivers of students with a known allergy are to provide a 'Health Care Plan' completed by the student's doctor.

Parents/caregivers of students with a known allergy are expected to educate their child in the self-management of their allergy eg. not to share their food, how to tell an adult, etc.

Parents/caregivers, staff and students will be educated about the nature of the allergy.

This policy will be provided to all new and existing families who are enrolled at Wilmington Kindergarten.

Staff will observe foods provided for snacks and lunches whilst supervising eating times. Parents/caregivers who provide foods containing the allergen(s) to school will be reminded of the importance of our Allergy Aware Policy. Children sent with foods containing the allergen(s) in their recess/lunch by mistake will either be asked to eat something else from their lunch box or will be supervised in a separate area while consuming the food (see How Will This Affect You?).

# WILMINGTON KINDERGARTEN



## “ALLERGY AWARE” POLICY

The Allergy Aware policy is put into place because as a preschool we support families and students in responsible management of allergies. We will follow up all aspects of this policy to help protect students and adults who may suffer any type of allergy.