

# CAMBRIAN

Nurturing Growth - Inspiring Minds



## Allergy and other Dietary Requirements Policy

V1.6

This document applies to all academies and operations of Cambrian Learning Trust.

[www.cambrianlearningtrust.org](http://www.cambrianlearningtrust.org)

Document Control			
<b>Author</b>	Trust Facilities and Compliance Lead	<b>Approved By</b>	COO
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## Introduction

This policy should be read in conjunction with the school's First Aid Policy and Supporting Students with their Medication Policy and the Healthy Eating guidance. The Catering Contractor's Allergic Ingredient Control Policy and Procedure can be referenced for information that is more detailed.

A food allergy is when the body's immune system reacts unusually to specific foods. Although allergic reactions are often mild, they can be very serious. Symptoms of a food allergy can affect different areas of the body at the same time.

Food allergy is an immune system reaction that happens soon after eating a certain food. Even a tiny amount of the allergy-causing food can trigger symptoms such as digestive problems, hives or swollen airways.

A food allergy is an individual's immunological reaction to a specific foodstuff, which can be caused even by very small amounts of food.

Anaphylaxis is a severe allergic reaction at the extreme end of the allergic spectrum, affecting the entire body, and can occur within minutes of exposure. The food allergens which most commonly cause anaphylaxis are nuts, peanuts and shellfish (molluscs and crustaceans).

The most common triggers of anaphylaxis in children are food allergies like to peanuts, milk, fish, and shellfish. In adults, stings from insects, latex, and some medications can cause anaphylaxis.

## What are the 4 possible signs of anaphylaxis?

**Signs of a severe reaction (anaphylaxis) include:**

- difficult/noisy breathing
- swelling of tongue
- swelling/tightness in the throat
- difficulty talking and/or hoarse voice
- wheeze or persistent cough

- persistent dizziness or collapse
- pale and floppy (in young children)

Dietary requirements are taken into account when the menu is being designed; however, we are unable to amend menus to meet individual needs. Please make an appointment to meet with the catering supervisor if your child has specific requirements.

## Nuts and Peanuts

We do not ban nuts from our schools and we do not claim to be 'nut free' as the Anaphylaxis Campaign highlights a number of problems with this approach, including:

- We do not ban nuts from our schools and we do not claim to be 'nut free' as the Anaphylaxis Campaign highlights a number of problems with this approach, including
- There would be a risk that children with allergies might be led into a false sense of security
- The nut ban would be seen as a precedent for demands to ban other potentially 'risky' foods

Our catering contractors do not purchase any product containing nuts or peanuts, or anything that states 'may contain nuts'.

There is nothing on the menu that contains nuts.

## Catering Contract

We expect that our catering contract meet all the requirements of the **Food Information Regulations 2013** and any relevant governmental guidance.

## Catering Contract Responsibilities

- Catering Supervisors have overall responsibility for allergen management for the catering facilities
- All staff are trained
- The Catering Supervisor is responsible for ensuring allergen procedures are implemented within the catering facilities

- The Catering Supervisor is the point of contact for members of staff in case of any uncertainty in handling an allergy enquiry
- All staff are responsible for following the correct procedures and reporting concerns to the Catering Supervisor
- Creating, and making available on request, Allergen Information Sheets (recipe sheets) for all dishes and keeping them up to date
- All menu items have allergen information accurately recorded on the Allergy Matrix
- Operations Managers are responsible for ensuring all staff are trained in Allergen Awareness
- When planning and reviewing menus and recipes allergies must be considered •  
Avoiding cross-contamination

## School Responsibility

- Review health records submitted by parents
- If a food allergy is listed that the school requests the parent to complete a Special Diet/ Allergy form
- Ensure Catering Supervisors are sent the completed Special Diet/ Allergy form
- Ensure medication is properly stored and easily accessible
- Review policies after a reaction has occurred
- Staff to not bring in food that contains nuts or peanuts
- Ask parents to not send in food that contains nuts and peanuts
- To support pupils to not share food
- To support children to wash their hands after eating

## Parent Responsibility

We ask that:

- Parents do not send in food that contains nuts or peanuts (including Nutella, cereal bars etc)
- That if your child has an allergy that you complete the Special Diet/ Allergy form
- If you have further questions please make an appointment to meet the catering supervisor via the school office.

## Other Dietary Requirements

While the menu takes into account legally specified food allergens, the menu cannot be adapted to meet other dietary requirements.

Vegetarian diets: we will offer a vegetarian option every day.

Vegan diets: we do not offer a daily vegan offer.

Lactose intolerance: please make an appointment to see the Catering Supervisor to view the Allergen Information (recipes) sheets.

Gluten intolerance: please make an appointment to see the Catering Supervisor to view the Allergen Information (recipes) sheets.

Religious diets: please make an appointment to see the Catering Supervisor to view the Allergen Information (recipes) sheets.

Any other dietary requirements: please make an appointment to see the Catering Supervisor to view the Allergen Information (recipes) sheets.

## FAQ

*Do we isolate pupils with allergies at lunchtime?*

The Anaphylaxis Campaign guidance says (on page 3) that children who are at risk of allergic reactions should not be "stigmatised or made to feel different". It adds:

"All efforts should be made to ensure that the allergic child has the opportunity to participate in all school activities".

Allergy UK has a FAQs document for schools about managing allergies, which includes a specific question about isolating pupils at lunchtime. It says:

In the world outside school, people with allergy are not isolated. Education in safe management should enable pupils with allergy to be integrated not isolated".

## GDPR

Please note: this information is passed to the Catering Leads, which could be an external contractor under the basis of vital interest.

## Linked Documents

Caterlink Special Diet/ Allergy form