

**Disclaimer: Activities with children must always be risk assessed, including for allergies or choking. Children must always have adequate supervision. Resources and materials must always be appropriate for children's age and stage of development.**

## Top tips: Managing allergies

**It is essential to be aware of food allergies and intolerances. By prioritising awareness, maintaining clear communication, and practising vigilance, you can help ensure a safe and inclusive environment for all children and staff.**

Here are some tips to support you:

1. **Create an allergy policy:** Develop a comprehensive food allergy and intolerance policy, ensuring all staff are aware of procedures to prevent allergic reactions and how to respond to emergencies
2. **Train staff:** Ensure all staff, including temporary workers, are trained in recognising allergic reactions, using EpiPens (if applicable), and following the nursery's allergy policy
3. **Work in partnership with parents:** Request allergy information from parents during registration and update regularly. Work with parents and the nursery cook, or provider, to offer safe, tailored meals for children with sensitivities and/or specific allergies
4. **Conduct risk assessments:** Perform a detailed allergy risk assessment with parents for children with known allergies before they start nursery and update it as needed. Share this information with your team
5. **Maintain an allergy register:** Share allergy details with all staff and keep an up-to-date register in a clearly designated location
6. **Use visual cues:** Display children's allergy information with a photo of the child in key areas such as the kitchen and dining area to remind staff of specific children's dietary needs
7. **Prevent cross-contamination:** Prepare food for children with allergies in contamination-free zones using dedicated equipment and serving tools
8. **Storage:** Ensure items such as EpiPens are stored in an accessible safe location and can be retrieved quickly and easily if/when they are needed
9. **Monitor seating arrangements:** During meals and snack times, ensure staff supervise children closely to avoid accidental food sharing or exposure to allergens
10. **Label foods clearly:** Implement a strict labelling system in the kitchen to differentiate allergen-free meals from other meals. Consider colour-coded plates for children with special dietary needs. Monitor this regularly to ensure ongoing compliance.



### NDNA products to support you with these tips

- [Food allergies at nursery](#) – Blog post

And more resources at [www.ndna.org.uk/hub/myndna](http://www.ndna.org.uk/hub/myndna)