



## Allergen Policy

### Rationale

In December 2014, the EU Food Information for Consumers regulation (EU FIC) came into force and I have a legal responsibility to provide allergen information about the ingredients that are in the food given to your child. This information needs to be shared and kept updated whilst your child is in my care.

Whilst I will do my best to accommodate food allergies or intolerances, I cannot guarantee that my food will be free of allergens. If allergies or intolerances are an issue for your child, please discuss this with me. I may ask you to provide food if I feel it is in the best interests of your child. I am happy to seek advice from the dieticians at your local hospital if this is appropriate.

### Procedure

I will check the ingredient list on all foods to ensure no identified allergens are present.

No child will be given foods where an allergen has been identified, and this would include the other minded children on that day to avoid any potential cross contamination or exposure to the allergen.

If I am providing food for a child that has an allergy, I will follow good hygiene practices and follow the guidance as set out in the document 'Safer food, better business for childminders' from the Foods Standards Agency.

Information on allergens used will be made available to parents on request.

It is also important that you, the parent, keep me informed if your child develops any allergies or food intolerances whilst in my care.

Please indicate any known allergies/intolerances on the table on the following page.

# Allergen Policy Table

Please indicate any known allergies/intolerances on the table below:

Allergen	Examples of foods where they may be found	Allergy or intolerance
Celery	This includes celery stalks, leaves and seeds and celeriac. It is often found in celery salt, salads, some meat products, soups and stock cubes.	
Cereals containing gluten	This includes wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats. It is often found in foods containing flour, such as baking powders, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and foods dusted with flour.	
Crustaceans	This includes crabs, lobsters, prawns and scampi. It is often found in shrimp paste used in Thai curries or salads.	
Eggs	This is often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and foods brushed or glazed with egg.	
Fish	This is often found in some fish sauces, pizzas, relishes, salad dressings, stock cubes and in Worcestershire sauce.	
Lupin	This includes lupin seeds and flour, and can be found in some types of bread, pastries and pasta.	
Milk	This is found in butter, cheese, cream, milk powders and yoghurt. It is often used in foods glazed with milk, powdered soups and sauces.	
Molluscs	This includes mussels, land snails, squid and whelks. It is often found in oyster sauce, or as an ingredient in fish stews.	
Mustard	This includes liquid mustard, mustard powder and mustard seeds. It is often found in breads, curries, marinades, meat products, salad dressing, sauces and soups.	
Nuts	This includes almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia or Queensland nuts. (Note these can be found in breads, biscuits, crackers, desserts, ice cream, marzipan and almond paste). Also nut oils and sauces. Ground, crushed or flaked almonds are often used in Asian dishes such as curries or stir fries.	
Peanuts	These can be found in biscuits, cakes, curries, desserts and sauces, such as satay. It is also found in groundnut oil and peanut flour.	
Sesame Seeds	This can be found in bread, breadsticks, hummus, sesame oil and tahini (sesame paste).	
Soya	This can be found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu. It is used in some desserts, ice cream, meat products, sauces and vegetarian products.	
Sulphur Dioxide	This is often used as a preservative in dried fruit, meat products, soft drinks and vegetables.	
OTHER	PLEASE NOTE	

Date policy was written	June 2019
Policy review date	June 2020
Action/Amendments to be taken following review	