

Safe method:

Food allergies

It is important to know what to do if you look after a child who has a food allergy, because these allergies can be life-threatening.



Safety point

Always check if children have any food allergies and keep a written record of these.

Make sure you check all the ingredients of any meals and snacks you give to a child with a food allergy. For example, if you make a cheese sandwich, check the ingredients of the bread, cheese, spread and anything else you put in the sandwich. **Never guess.**

If you are cooking, remember to check the ingredients of any oil, sauce, dressing or other packaged foods, including tins and jars. If you are not sure, do not give the food to the child.

When you are preparing food for a child with a food allergy, clean worktops and equipment thoroughly before you start. Make sure you also wash your hands thoroughly first.

If a parent/guardian of a child with an allergy provides food, make sure it is clearly labelled with the child's name.



Why?

It is a good idea to be able to refer to this record when preparing and serving food.

If someone has a severe allergy, they can react to even a tiny amount of the food they are sensitive to.

You can find out more about allergies at food.gov.uk/allergy

Any of these could contain an ingredient the child is allergic to.

This is to prevent small amounts of the food that a child is allergic to getting into the food by accident.

This makes sure that the child receives the right food and avoids it being given to another child who may have a different food allergy.



How do you do this?

How do you check if food does not contain a particular ingredient?

How do you prepare food for a child with a food allergy?

Think twice!

Which ingredients can cause a problem?

These are some of the foods children may be allergic to and some of the places where they may be found:

Nuts	In sauces, desserts, crackers, bread, ice cream, marzipan, ground almonds, nut oils.
Peanuts	In sauces, cakes, desserts. Don't forget groundnut oil and peanut flour.
Eggs	In cakes, mousses, sauces, pasta, quiche, some meat products. Don't forget foods containing mayonnaise or brushed with egg.
Milk	In yoghurt, cream, cheese, butter, milk powders. Also check for foods glazed with milk.
Fish	In some salad dressings, pizzas, relishes, fish sauce. You might also find fish in some soy and Worcestershire sauces.
Crustacea	Such as prawns, lobster, scampi, crab, shrimp paste.
Molluscs	These include mussels, whelks, squid, land snails, oyster sauce.
Cereals containing gluten	Such as wheat, rye and barley. Also check foods containing flour, such as bread, pasta, cakes, pastry, meat products, sauces, soups, batter, stock cubes, breadcrumbs, foods dusted with flour.
Celery	This includes celery stalks, leaves and seeds and celeriac. Also look out for celery in salads, soups, celery salt, some meat products.
Lupin	Lupin seeds and flour in some types of bread and pastries.
Mustard	Including liquid mustard, mustard powder and mustard seeds, in salad dressings, marinades, soups, sauces, curries, meat products.
Sesame seeds	In bread, breadsticks, tahini, houmous, sesame oil.
Soya	As tofu or beancurd, soya flour and textured soya protein, in some ice cream, sauces, desserts, meat products, vegetarian products.
Sulphur dioxide	In meat products, fruit juice drinks, dried fruit and vegetables, wine, beer.

What to do if things go wrong

If you think a child is having a severe allergic reaction:

- Do not move them.
- Ring 999 and ask for an ambulance with a paramedic straight away.
- Explain that the child could have anaphylaxis (pronounced 'anna-fill-axis').
- Send a responsible person outside to wait for the ambulance.
- Contact the parent/guardian of the child after you have called an ambulance.

How to stop this happening again

- Make sure that you and anyone who helps with food preparation, understands how important it is to check all the ingredients of a food and knows about the symptoms and treatment of an allergic reaction. You can find out more about this at www.nhs.uk/conditions/food-allergy/Pages/Intro1.aspx
- Review the way food is prepared for someone with a food allergy – are you cleaning effectively first and using clean equipment?



Write down what went wrong and what you did about it on your action sheet.



Safe method completed: Date:

Signature: