In view of the Centres duty of care for all children to ensure that they are safe while at Kindergarten we have implemented a Nut Free policy. This policy aims to alert parents to the potential severity of "ANAPHYLACTIC" reactions and provide information on how parents can help prevent such reactions by being aware of which products to avoid.

- Parents need to inform the kindergarten of all allergies at time of enrolment.
- Parents of children with allergies must fill out a Care Plan and Emergency Procedure Plan.
- The anaphylactic child should be encouraged by his/her family (and staff) not to accept food from anyone other than their own family.
- All families will be asked not to send snacks containing nuts of any kind to the kindergarten, parents are asked to read all food labels carefully.
- In the event that a child brings a snack containing nuts, it will be placed in a safe place and returned to the parent at the end of the session.
- All children will be encouraged not to share their food and to sit down when eating.
- Notices to the effect that the policy exists will be boarded and reminders sent home frequently.

**WHAT NUTS NEED TO BE AVOIDED.**

<table>
<thead>
<tr>
<th>PEANUTS</th>
<th>PECANS</th>
<th>PISTACHIO</th>
</tr>
</thead>
<tbody>
<tr>
<td>HAZELNUTS</td>
<td>WALNUTS</td>
<td>CHESTNUTS</td>
</tr>
<tr>
<td>CASHEW NUTS</td>
<td>BRAZIL NUTS</td>
<td>CANDLE NUTS</td>
</tr>
<tr>
<td>PINE NUTS</td>
<td>MIXED NUTS</td>
<td>ALMONDS</td>
</tr>
<tr>
<td>MACADAMIAS</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
The following is a list of foods commonly used in children's snack's / lunches which are at risk of containing nuts:

<table>
<thead>
<tr>
<th>Peanut Butter</th>
<th>Nutella</th>
<th>Breakfast cereal bars</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health food &amp; muesli bars</td>
<td>dips</td>
<td>dunkaroos</td>
</tr>
<tr>
<td>nougats</td>
<td>Satay flavoured rice.</td>
<td></td>
</tr>
</tbody>
</table>

When reading food labels look for:

- Packed on or made on equipment that also packs or makes products containing nuts (or tree nuts)

Also Peanut may be designated on a food label in a less easily recognised term such as "hydrolysed vegetable protein" or "groundnuts".

Also please take care when bringing boxes for use in collage as cereal and muesli bar boxes may contain traces of nuts. The allergic child can have a reaction from skin contact.

The Allergic (Anaphylactic) Shock Reaction
This reaction can begin and proceed rapidly, occasionally proving fatal within minutes. It must be treated with epinephrine immediately at the first signs of reaction, and the reaction may recur after initial therapy so that ongoing observation and care are required. Possible symptoms of reaction to peanuts may include (not necessarily in this order):

- sense of foreboding, fear, or apprehension
- flushed face, hives, swollen or itchy lips, mouth, eyes, or tongue
- tightness in mouth, chest or throat
- difficulty breathing or swallowing, drooling, wheezing, choking, coughing
- running nose, voice change
- vomiting, nausea, diarrhoea, stomach pains
- dizziness, unsteadiness, sudden fatigue, rapid heartbeat, chills
- pallor, loss of consciousness, coma, death

Reviewed: May 2013
To be reviewed: May 2014