

## **Nut-Free Policy**

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Dedham Therapy Farm CIC recognises that a totally nut free environment can't be guaranteed, however Dedham Therapy Farm aims to be a Nut-Free provision. This policy serves to set out all measures to reduce the risk to those children and adults who may suffer an anaphylactic reaction if exposed to nuts to which they are sensitive. The provision aims to protect Farm Assistants who have allergies to nuts yet also help them, as they grow up, to take responsibility as to what foods they can eat and to be aware of where they may be put at risk.

Our "Nut-Free Policy" means that the following items should not be brought to the farm:

- Packs of nuts
- Nut butter sandwiches
- Fruit and cereal bars, food items that contain nuts
- Sesame seeded bread (children allergic to nuts may also have a severe reaction to sesame)
- Cakes and other home baking made with nuts
- Nutella/hazelnut chocolate spread

No nuts are to be used in preparation for any campfire foods, enrichments activities, or animal feed items.

We will always attempt to source nut free product for activities. However cannot guarantee nut free traces will not be present.

Farm Assistants with allergies must not be given home baked treats from other Farm Assistants or share food with their peers or staff.

Definition Anaphylaxis (also known as anaphylactic shock) is an allergic condition that can be severe and potentially fatal. Anaphylaxis is your body's immune system reacting badly to a substance (an allergen), such as food, which it wrongly perceives as a threat. The whole body can be affected, usually within minutes of contact with an allergen, although sometimes the reaction can happen hours later.

## **Staff and volunteers**

Staff and volunteers must ensure they do not bring in or consume nut products at the farm and ensure they follow good hand washing practice.

When buying resources staff must ensure they check labels and packaging of products before bringing them to the setting. Packaging must be checked for: Not suitable for nut allergy sufferers; This product contains nuts; This product may contain traces nuts; Indicating this is unsuitable for consumption at the farm.

Epi Pen trained staff are named First Aiders.

Farm staff cannot administer medication other than epi pen.

Staff must mention their Farm Assistants with allergies due in that day for sessions in the morning planning meeting when discussing risks. The allergies list must be checked and highlighted each day.

### **Parents and Carers**

Parents and carers must notify staff of any known or suspected allergy to nuts and provide all medical and necessary information. This will be added to the Farm Assistants initial assessment form, risk assessment, Farm Assistant information spreadsheet and allergies monitoring log.

The Farm requests that parents and carers observe the nut-free policy and therefore do not include nuts, or any traces of nuts, in packed lunches or snacks brought to the farm.

### **Farm Assistants**

All Farm Assistants are regularly reminded about the good hygiene practice of washing hands before and after eating which helps to reduce the risk of secondary contamination. Likewise Farm Assistants are reminded and carefully supervised to minimise the act of food sharing with their friends.

We have individual risk assessments for all Farm Assistant and Allergy Lists are displayed highlighting plans in place, triggers, medication. A Farm Assistant must be able to self-administer safely otherwise a parent or carer must be present to administer medication

The symptoms of anaphylaxis usually start between three and sixty minutes after contact with the allergen. Less commonly they can occur a few hours or even days after contact. An anaphylactic reaction may lead to feeling unwell or dizzy or may cause fainting due to a sudden drop in blood pressure. Narrowing of the airways can also occur at the same time, with or without the drop in blood pressure.

This can cause breathing difficulties and wheezing.

Other symptoms:

- Swollen eyes, lips, genitals, hands, feet and other areas (this is called angioedema)
- Itching
- Sore, red, itchy eyes
- Changes in heart rate
- A sudden feeling of extreme anxiety or apprehension
- Itchy skin or nettle-rash (hives)
- Unconsciousness due to very low blood pressure
- Abdominal cramps, vomiting or diarrhoea, or nausea and fever. Anaphylaxis varies in severity. Sometimes it causes only mild itchiness and swelling, but in some people it can cause sudden death. If symptoms start soon after contact with the allergen and rapidly worsens, this indicates that the reaction is more severe.