All Silver Stars Day Nursery policies will be subject to any future change according to Government legislation and guidelines to maintain the safety of all children, families, staff and visitors.

1.09

No Nut Policy

Silver Stars Day Nursery enforces a strict No Nuts Policy to reduce the risk of allergic reactions among children and staff. This includes all nuts, nut-based products, sesame seeds, tree nuts, pine kernels, and chestnuts.

The policy is part of our broader commitment to safeguarding children with allergies and teaching them to understand and manage risks around food.

Whilst we recognise that allergic reactions are not specific to nuts, it is acknowledged that this is one of the more common allergies and that the risk can be minimised by having a **specific 'No Nut Policy'.**

This policy refers to all nuts and includes sesame seeds, tree nuts, pine kernels, and chestnuts.

Procedures for dealing with nut allergies are outlined in our policy 'Managing Children with Allergies, or who are Sick or Infectious'

Silver Stars Day Nursery practices a no nut policy, meaning that nuts, food products containing nuts are not brought to the setting. We hope this will reduce the risk of any child or adult with a nut allergy coming into contact with a food product which could potentially be very harmful to them.

We realise that many foods are labelled as having **'traces of nut'** or **'may contain nuts'** which are very difficult to avoid. We will speak to parents of any children who join the setting who have a nut allergy to establish the severity of the allergy and put in place a risk assessment.

The setting aims to protect children 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, or others, may be put at risk.

How we inform people about our 'nut free' policy

Whereas those suffering from allergies will generally be aware of the potential risk, we need to inform and ensure that **everyone** is aware.

Our caterers, Early Years Catering, must abide with the setting's nut free policy along with their own food allergy and intolerance statement. This ensures that:

- The main ingredient list of all purchased pre-packed food items will be examined before use for the presence of nuts or nut-based products and not used if they detect visible signs.

- The nursery cook will be fully informed about the ingredient and food content of all daily menus so that accurate information can be provided to potential allergens families.
- Parents are informed when their children join the setting. Regular reminders are also sent to parents via email.
- Staff (including peripatetic and volunteers) are informed at induction.
- A sign at the entrance is displayed to inform visitors.

Celebrations and treats

Caution must be taken at certain times of year such as Easter and Christmas.

Parents who want to bring in Birthday cakes, confectionary or biscuits must provide written evidence of all ingredients to the staff on arrival if homemade or present packaging to be checked by staff for the following:

- Not suitable for nut allergy sufferers
- This product contains nuts
- All ingredients in the product

Staff

If Staff distribute confectionary, care must be taken to ensure that no nuts are included in the product. Particular products that are a cause for concern are:
– Celebrations
– Roses
– Heroes
– Quality Street

These should not be eaten on the premises.

All product packaging must be checked for warnings directed at nut allergy sufferers and if the following or similar are displayed, the product must not be used in nursery/school.

– Not suitable for nut allergy suffers
– This product contains nuts

Children

All children are regularly reminded about the good hygiene practice of washing hands before and after eating which helps to reduce the risk of secondary contamination.

If food is brought in that is thought to contain nuts or nut products, it is to be removed.

Key Definitions

- Allergy: Exaggerated immune response to a substance (e.g., food, medicine).
- Allergen: Normally harmless substance that triggers an allergic reaction.
- Anaphylaxis: Severe, potentially life-threatening allergic reaction affecting the whole body, often within minutes.
- EpiPen: Auto-injector containing adrenaline for immediate treatment of anaphylaxis.
- Minimised Risk Environment: Environment where allergen exposure is reduced to a safe level (not completely allergen-free).

- Anaphylaxis Health Care Plan: Individual document detailing a child's allergy, treatment, and action plan.
- Management System: Record system detailing children's medical care plans and trained staff responsible.

This policy was adopted by	Silver Stars Day Nursery
Date	February 2026
Review Date	February 2027
Name of signatory	Jenifer Capper
Role of signatory	Proprietor
Signed: Date:	 February 2026