

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	Why?
Always check if children have any food allergies and keep a written record of these.	It is a good idea to be able to refer to this record when preparing and serving food.
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 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/safereating/allergyintol/guide/
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.	Any of these could contain an ingredient the child is allergic to.
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.	This is to prevent small amounts of the food that a child is allergic to getting into the food by accident.
If a parent/guardian of a child with an allergy provides food, make sure it is clearly labelled with the child's name.	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.

Type of food	What to look out for
Milk 	Children with milk allergy need to avoid foods containing milk, yoghurt, cream, cheese, butter, milk powder, foods glazed with milk and ready-made products containing milk powder e.g. desserts.
Nuts 	Children with nut allergy can react to many types of nut, including walnuts, almonds, hazelnuts, Brazil nuts, cashews and pecans. Nuts are found in food including sauces, cakes, chocolate, desserts, crackers, bread, ice cream and marzipan.
Peanuts 	Peanuts, also called groundnuts or monkey nuts, are found in many foods, including sauces (such as satay sauce), cakes, desserts, peanut flour and groundnut oil.
Lupin 	Flour or seeds from the lupin plant are used in some bread, pastries, pies, waffles, pancakes, onion rings and other battered products and doughnuts.
Eggs 	Eggs are used in foods including cakes, mousses, sauces, pasta, quiche, mayonnaise and some meat products e.g. burgers. Remember that some foods, e.g. pies, are brushed with egg.
Fish 	Children who are allergic to fish need to avoid all foods containing fish, such as fish fingers, fish cakes, fish pie and fish spread. Remember that some types of fish, especially anchovies, are used in some salad dressings, pizzas and fish sauce.

Type of food	What to look out for
Soya 	Soya comes in different forms, e.g. tofu (or beancurd), soya flour and textured soya protein. It is used in foods including some ice cream, sauces, desserts, pastries, meat products and vegetarian products such as 'veggie burgers'.
Gluten 	Children who have gluten intolerance (also called coeliac disease) need to avoid cereals such as wheat, rye, barley and oats, and foods made from these. Wheat flour is used in many foods such as bread, pasta, cakes, pastry and processed meat products e.g. burgers and sausages. Watch out for soups and sauces thickened with flour, foods that are dusted with flour before cooking, batter and breadcrumbs.
Sesame seeds 	Children who are allergic to sesame need to avoid sesame seeds, sesame oil and other sesame products such as tahini. These are used in a number of foods including some bread, breadsticks, biscuits, houmous, salads, sauces and dressings. Watch out for foods that have been cooked in sesame oil. If you look after a child with sesame allergy, it is a good idea to avoid foods topped with sesame seeds because it is easy for the seeds to fall off and get into other foods by accident.
Shellfish 	Children who are allergic to shellfish often need to avoid all types, including scampi, prawns, mussels, crab and shrimp paste. When you are checking food labels, look out for the words 'shellfish', 'crustaceans' and 'molluscs', as well as the names of the individual types of shellfish.
Mustard 	Children who are allergic to mustard will react to any food that comes from the mustard plant, including liquid mustard, mustard powder, mustard seeds and mustard oil. Mustard is sometimes used in salad dressings, marinades, soups, sauces, curries and meat products.
Celery 	Children who are allergic to celery can react to celeriac (the root of the plant) and celery stalks and leaves. Celeriac and celery are sometimes used in salads and soups. Watch out for celery salt, which is used as a seasoning in lots of foods, such as soups and meat products. Also look out for celery seeds, which are used as a spice.
Sulphur dioxide 	Some children with asthma can react to sulphur dioxide. This is used as a preservative in a wide range of foods, particularly meat products such as sausages, dried fruit and vegetables.

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 eatwell.gov.uk/healthissues/foodintolerance/allergicreactions/
- 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: _____