



# Nut and Allergens Awareness Policy

## Nut Allergy

**“Nut allergies are one of the most common food allergies. While many reactions to nuts are mild, serious reactions can occur. Children with a nut allergy need to avoid nuts in their diet.”**

Children, Youth and Women’s Health Service,  
Nutrition Department,  
North Adelaide, SA

## Context

DECD schools are required to provide learning environments that are safe and supportive of all students. This includes providing for the needs of students and staff who may have anaphylactic (severe allergic) conditions – including nut allergies. For these individuals exposure to allergens at school may constitute a serious risk to their health and wellbeing.

While it is not possible to guarantee that the school environment will be completely free of potential nut hazards, risks can be minimised by adhering with reasonable guidelines.

## Purpose

- To raise the awareness of anaphylactic conditions for all members of the school community
- To provide a safe school environment for all members of the school community.

## Parents

- Are requested to consider the foods the students bring to School that contains nuts. This includes products such as peanut paste, ‘Nutella’, most nuts, peanut cooking oil and other foods that may contain nuts.
- Will be informed of this policy at the commencement of each school year and reminders via newsletter.
- Will have an anaphylaxis care plan from the doctor if their child has a serious allergy

## **Students**

- Are advised not to share food from home
- Who inadvertently bring food containing traces of nuts or nut products, are required to eat that food away from any allergic students

## **Staff**

- Will be made aware of students who have anaphylactic responses, including nut allergy
- Will supervise students during lunch eating time and will be vigilant in regard to this policy
- Will participate in training from St John or Red Cross every three years to understand procedures related to Anaphylaxis (sever allergic reactions) as the need arises
- Ensure that school orders to be used with students do not include products such as peanut paste, 'Nutella', nuts, peanut oil or other foods that may contain nuts

## **Promotion**

The policy will be promoted by:

- Information via the school newsletter
- Governing Council being informed and giving approval and support to this policy
- Staff being informed annually and provided with training opportunities

## **Review**

This policy will be reviewed by staff and Governing Council every year. The next review will be in 2014.

The school acknowledge that due to current food processing practices, it is impractical to eliminate nuts and nut products entirely from an environment where there is food. The emphasis is therefore on raising awareness and adopting the reasonable procedures regarding nut awareness.

Policy approved by Governing Council on 10 September 2013.

<http://www.kidspot.com.au/familyhealth/Conditions-&-Disorders-Allergies-&-immune-system-Nut-and-peanut-allergy+2464+202+article.htm>

<http://www.allergyfacts.org.au/whatis.html>

<http://www.allergy.org.au/>