



Safer Eating and Allergy Management Policy

Bumble & Bloom Childcare · Compliant with EYFS September 2025

This policy sets out how we manage food allergies, intolerances and choking risks so that every child can eat safely and enjoyably at Bumble & Bloom Childcare.

Gathering information

- Detailed information about each child's allergies, intolerances, cultural or medical dietary needs and any prescribed emergency medication is gathered at registration.
- Information is reviewed at settling-in visits, at least annually and whenever a parent notifies a change.
- An up-to-date allergy list is displayed in the kitchen and reviewed before every meal or snack.

Individual allergy care plans

- Children with a diagnosed food allergy have a written care plan agreed with parents and, where appropriate, their GP or allergy team.
- Prescribed emergency medication (adrenaline auto-injectors, antihistamines, inhalers) is kept on-site, in date and easily accessible to trained adults.
- All adults caring for the child are trained in recognising and responding to allergic reactions and anaphylaxis.

Safe food preparation and serving

- The kitchen is nut-free. Ingredients are always checked against packaging labels before use, including any change to a familiar product.
- Cross-contamination is minimised by using separate utensils, boards and preparation areas for allergen-free food.
- Meals are plated and named for any child with an allergy and double-checked before serving.

Reducing choking risk

- Foods known to be a choking risk (whole grapes, cherry tomatoes, whole nuts, hard sweets, popcorn, marshmallows, sausages in the round, apple chunks) are prepared in line with current safer eating guidance — quartered lengthways, deseeded or avoided altogether for children under five.
- Children are always seated upright and supervised by an adult at meals and snacks.
- Adults model calm eating, encourage chewing and never rush a child at mealtimes.

Responding to a reaction or choking incident

- In the event of a suspected allergic reaction we follow the child's care plan and, if there are any signs of anaphylaxis, administer the AAI and call 999 immediately.
- In the event of choking we follow paediatric first aid choking procedures and call 999 if the blockage does not clear.
- All incidents are recorded and shared with parents on the day, and reviewed to identify any improvements.

Communication and review

- Menus are shared with parents in advance and any changes flagged.
- This policy is reviewed at least annually and after any incident, change of premises or update to national allergy or safer eating guidance.