

CAMBRIAN

Nurturing Growth - Inspiring Minds



Allergy and other Dietary Requirements Policy

V1.7

This document applies to all academies and operations of Cambrian Learning Trust.

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Introduction

This policy should be read in conjunction with the school's First Aid Policy and Supporting Students with their Medication Policy and the Healthy Eating guidance. The Catering Contractor's Allergic Ingredient Control Policy and Procedure can be referenced for information that is more detailed.

A food allergy is when the body's immune system reacts unusually to specific foods. Although allergic reactions are often mild, they can be very serious. Symptoms of a food allergy can affect different areas of the body at the same time.

Food allergy is an immune system reaction that happens soon after eating a certain food. Even a tiny amount of the allergy-causing food can trigger symptoms such as digestive problems, hives or swollen airways.

A food allergy is an individual's immunological reaction to a specific foodstuff, which can be caused even by very small amounts of food.

Anaphylaxis is a severe allergic reaction at the extreme end of the allergic spectrum, affecting the entire body, and can occur within minutes of exposure. The food allergens which most commonly cause anaphylaxis are nuts, peanuts and shellfish (molluscs and crustaceans).

The most common triggers of anaphylaxis in children are food allergies like to peanuts, milk, fish, and shellfish. In adults, stings from insects, latex, and some medications can cause anaphylaxis.

What are the 4 possible signs of anaphylaxis?

Signs of a severe reaction (anaphylaxis) include:

- difficult/noisy breathing
- swelling of tongue
- swelling/tightness in the throat
- difficulty talking and/or hoarse voice
- wheeze or persistent cough
- persistent dizziness or collapse
- pale and floppy (in young children)

Dietary requirements are taken into account when the menu is being designed; however, we are unable to amend menus to meet individual needs. Please make an appointment to meet with the catering team if your child has specific requirements.

Nuts and Peanuts

We do not ban nuts from our schools and we do not claim to be 'nut free' as the Anaphylaxis Campaign highlights a number of problems with this approach, including:

- There would be a risk that children with allergies might be led into a false sense of security
- The nut ban would be seen as a precedent for demands to ban other potentially 'risky' foods

Our catering contractors do not purchase any product containing nuts or peanuts, or anything that states 'may contain nuts'.

There is nothing on the menu that contains nuts.

Catering Contract

We expect that our catering contracts meet all the requirements of the **Food Information Regulations 2013** and any relevant governmental guidance.

Catering Contractor Responsibilities

- Overall responsibility for allergen management for the catering service
- Ensuring all staff are trained
- Ensuring allergen procedures are implemented within the catering facilities
- Point of contact for members of staff in case of any uncertainty in handling an allergy enquiry (usually the Catering lead in the kitchen)
- Following the correct procedures and reporting concerns to the Catering lead in the kitchen in the first instance
- The Catering team are responsible for creating, and making available on request, Allergen Information Sheets (recipe sheets) for all dishes and keeping them up to date
- The catering team are responsible for ensuring menu items have allergen information accurately recorded on the Allergy Matrix
- The Operations Managers for the Catering contracts are responsible for ensuring all staff are trained in Allergen Awareness

- The catering team are responsible for considering allergens when planning and reviewing menus and recipes
- The catering team are responsible for avoiding cross-contamination

School Responsibilities

- Review health records submitted by parents
- On notification of a food allergy, request the parent to complete a Special Diet/ Allergy form in the format required by the Catering contractor and that this is passed to the school office and not directly to the Catering contractor
- Ensure Catering lead in the kitchen is sent the completed Special Diet/ Allergy form for review by their nutritionist, after the school have recorded any changes to dietary requirements in full
- Manage the parents' expectations on timescales for response in consideration of the need for nutritionist review of any menu changes, where these are practical to implement
- Ensure medication is properly stored and easily accessible
- Review policies after a reaction has occurred
- Remind staff to not bring in food that contains nuts or peanuts
- Remind parents to not send in food that contains nuts and peanuts
- Remind and support pupils to not share food
- Support children to wash their hands after eating

Parent / Carer Responsibility

We ask that:

- You do not send your children in with in food that contains nuts or peanuts (including Nutella, cereal bars etc)
- If your child has an allergy that you complete the relevant Catering contractor Special Diet / Allergy form, and this is passed to the school office and not directly to the Catering contractor
- You recognise that timescales for response will depend on the complexity of the request and the need for nutritionist review of any menu changes, where these are practical to implement
- If you have further questions, please make an appointment to meet the Catering Lead via the school office.

Other Dietary Requirements

While the menu takes into account legally specified food allergens, the menu cannot be adapted to meet other dietary requirements.

Vegetarian diets: we will offer a vegetarian option every day.

Vegan diets: we do not offer a daily vegan offer.

Lactose intolerance: please make an appointment to see the Catering Lead to view the Allergen Information (recipes) sheets.

Gluten intolerance: please make an appointment to see the Catering Lead to view the Allergen Information (recipes) sheets.

Religious diets: please make an appointment to see the Catering Lead to view the Allergen Information (recipes) sheets.

Any other dietary requirements: please make an appointment to see the Catering Lead to view the Allergen Information (recipes) sheets.

FAQ

Do we isolate pupils with allergies at lunchtime?

The Anaphylaxis Campaign guidance says (on page 3) that children who are at risk of allergic reactions should not be "stigmatised or made to feel different". It adds:

"All efforts should be made to ensure that the allergic child has the opportunity to participate in all school activities".

Allergy UK has a FAQs document for schools about managing allergies, which includes a specific question about isolating pupils at lunchtime. It says:

In the world outside school, people with allergy are not isolated. Education in safe management should enable pupils with allergy to be integrated not isolated".

GDPR

Please note: this information is passed to our Catering Contractors and their teams under the basis of vital interest.

Linked Documents

Contractor Special Diet / Allergy form