

Food Allergies and Mealtimes

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We want mealtimes to be safe, relaxed, sociable and enjoyable for every child.

Allergy safety

- Parents must give complete, current information about allergies, intolerances and medical advice.
- Individual allergy information and emergency plans are available to relevant staff.
- Staff check food, supervise eating and follow hygiene procedures.
- Medication such as an adrenaline auto-injector must be in date and accessible.
- Emergency symptoms are treated immediately in line with the child's plan and 999 is called when required.

Food provided

Apple Blossom Nursery provides healthy snacks without an additional charge. Parents provide a healthy packed lunch and drink. We will discuss reasonable alternatives for dietary, cultural, religious, sensory or medical needs.

Safe and positive mealtimes

Children sit safely and are supervised. Food is prepared and served to reduce choking risk. Children are encouraged, but never forced, bribed or shamed, to eat. Staff model conversation, independence and good hygiene.

Food from home

Families must not send foods that conflict with an agreed allergy-control measure. We cannot guarantee a completely allergen-free environment, but we take proportionate steps to reduce risk.

Questions or concerns

Questions? Contact Caroline Daniel, Owner/Manager, on 07720 313418 or admin@appleblossomnursery.co.uk.