

This policy was developed due to the enrolment of a child who suffers anaphylaxis when exposed to **nuts**.

## WHAT IS ANAPHYLAXIS?

Anaphylaxis is the most severe form of allergic reaction and is potentially life threatening. In the most severe cases, airborne particles containing the allergen can be enough to cause an anaphylactic reaction. Avoidance of the allergen is the key to preventing anaphylaxis. In the event of contact, EpiPen should be administered immediately and call 000.

Symptoms of anaphylaxis may include one or more of the following:

- ◆ coughing
- ◆ swelling of lip, face or body
- ◆ noisy/difficulty breathing
- ◆ hoarse voice
- ◆ difficulty swallowing
- ◆ difficulty talking
- ◆ vomiting

Symptoms may be present in any combination with or without a skin rash.

## GOLDEN RULES

- **NO FOOD SHARING**
- **HANDS ARE TO BE WASHED AFTER EATING**
- **EATING AREAS ARE TO BE WIPED CLEAN**

## HOW WILL THIS AFFECT YOU?

No **nuts or foods containing nuts or nut by-products** will be allowed to be consumed at **Melrose Rural Care**.

No **nuts or nut products (including shells)** will be used in the school's play activities.

If any child inadvertently brings inappropriate food to school they are encouraged to tell their teacher so the child can eat the food in isolation and appropriate action can be taken.

**Many foods contain traces of nuts therefore it is important for you to become familiar with reading labels. Any foods that contain peanuts or hazelnuts as an ingredient or specify that they contain traces of peanuts or hazelnuts are unsafe.**

## UNACCEPTABLE FOODS (LIKELY TO CONTAIN **NUTS**)

- . Nuts – all nuts including mixed nuts
- . Nut butters eg. Nuttalex tm, peanut butter, hazelnut spread
- . Nut oils – Peanut oil is also known as arachis hypogea
- . Some commercial foods eg. biscuits, muesli bars and compound chocolate
- . Chocolate bars eg. Picnic, Snickers, M&M's, choc coated nuts & sultanas
- . Pesto and satay sauces
- . African, Chinese and Thai food
- . Fruit and nut loaf or date loaf

## SAFE FOODS – LUNCHBOX IDEAS

- . Fruit/vegetables
- . Meat
- . Dairy products
- . Bread
- . Nut free homemade biscuits/cakes/pastries
- . Bellis or IXL fruit bars
- . Lanes savoury biscuits
- . Rice crackers, rice cakes
- . Kraft cheese spread and biscuits
- . Pasta
- . Popcorn

## BECOMING A LABEL READER

- ◆ Helps you learn more about the foods you are eating and
- ◆ Helps you choose suitable commercial products to send with your child to school.

### Step 1: Read the 'ingredients' list

- ◆ Ingredients are listed in order of quantity from largest to smallest.
- ◆ Food ingredients that can cause some individuals adverse reactions – such as peanuts, hazelnuts or other nuts – will be listed on the label, usually in the ingredients list, however small the amounts.
- ◆ Look for warning statements such as *'this product may contain traces of peanuts or tree nuts'*.

### Step 2 : Respond to the 'ingredients' list

**Foods containing nuts or nut products** can be consumed at home but **should not be sent to Melrose Early Learning Centre in your child's lunchbox.**

## IMPLEMENTATION

Parents/caregivers of students with a known allergy are to provide a 'Health Care Plan' completed by the student's doctor.

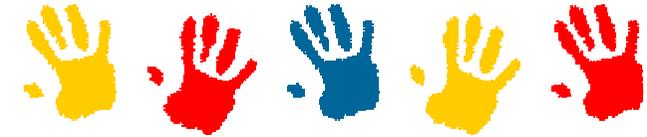
Parents/caregivers of students with a known allergy are expected to educate their child in the self-management of their allergy eg. not to share their food, how to tell an adult, etc.

An education program for parents/caregivers, staff and students will be implemented.

This policy will be provided to all new and existing families who are enrolled at [Melrose Rural Care](#)

Staff will observe foods provided for snacks and lunches whilst supervising eating times. Parents/caregivers who provide foods including **nuts** to school will receive reminders on the importance of our Allergy Aware Policy. Children whose recess/lunch contains nuts will be asked to eat in an alternate location away from the rest of the class.

## MELROSE RURAL CARE



## Allergy Aware Policy

The Allergy Aware policy is put into place because as a school we support families and students in responsible management of allergies. We will follow up all aspects of this policy to help protect students and adults who may suffer any type of allergy.