



Engage Community

Food and Nut Policy

1. Policy Statement

Engage Community is committed to providing a safe, healthy, and inclusive environment for all children, staff, and visitors. We recognise the importance of promoting healthy eating and the need to protect children with allergies, particularly nut allergies, which can be life-threatening.

This policy outlines our approach to food, snacks, and allergy management across all **school sessions** and **holiday camps**.

2. Aims

- To promote healthy eating and positive attitudes towards food.
- To reduce the risk of allergic reactions by maintaining a **nut-aware environment**.
- To work in partnership with parents/carers to manage children's individual dietary needs.
- To ensure all staff are trained to respond appropriately to allergy-related incidents.

3. Nut and Allergy Management

Nut-Aware Environment

- Engage Community operates a **strict no-nuts policy**.
- Children, parents/carers, staff, and visitors must not bring nuts, nut products, or foods containing nuts into our school sessions or holiday camps.
- Staff will monitor snacks and lunchboxes to help enforce this policy, although parents remain responsible for checking ingredients.

Allergy Information

- Parents/carers must inform Engage Community of any allergies or dietary requirements when registering their child.
- A record of children with allergies will be kept and shared with relevant staff.
- Allergy details will be clearly accessible to staff during sessions and camps.

Staff Responsibilities

- Staff will check food labels for allergens before offering food in any activity.
- Children will only be provided with food or drink if parental/carer permission has been given.
- Staff are trained to recognise symptoms of an allergic reaction and to respond quickly (e.g., administering prescribed medication such as EpiPens and calling emergency services).



4. Food Provided by Engage Community

Where Engage Community provides food (e.g., snacks, treats, or activity-based cooking):

- Healthy options will be prioritised.
- Food will be checked for allergens and packaging will be available for parents/carers to review if requested.
- Children with dietary needs will be offered safe alternatives.

5. Food Brought from Home

Parents/carers are responsible for ensuring that:

- Packed lunches and snacks are healthy, balanced, and nut-free.
- Items such as chocolate bars, fizzy drinks, and sweets are avoided, except where agreed for special occasions.
- All food is clearly labelled if required (e.g., special dietary meals).

6. Safe Eating Practices

- Children will wash their hands before and after eating.
- Children will sit while eating to reduce the risk of choking.
- Food will not be shared between children.
- Staff will supervise mealtimes to ensure safe practices.

7. Emergency Procedures for Allergic Reactions

In the event of a suspected allergic reaction:

1. The staff member will remain calm and reassure the child.
2. First aid and allergy protocols will be followed, including administering prescribed medication (e.g., EpiPen).
3. Emergency services will be contacted immediately.
4. Parents/carers will be informed as soon as possible.
5. An Incident Form will be completed and reviewed.

8. Communication and Training

- Parents/carers will be reminded of the no-nut policy at the time of booking and through regular communications.
- All staff will receive training on food safety, allergies, and emergency procedures.
- This policy will be available on our website and in parent information packs.



9. Policy Review

This policy will be reviewed annually, or sooner if guidance, legislation, or circumstances change.

Adopted by Engage Community

Date: 01.09.2025

Signed: Matt Price (CEO Engage Community)