Bristol Childminding Network

The heart of quality home-based childcare

Allergen information for parents

Dear ……

From December 2014, the EU Food Information for Consumers Regulation (EU FIC) comes into force. This essentially means there is a change in the way that we provide information to the consumer (or in this case the parents of the consumers).

There is now a legal responsibility to provide allergen information about the ingredients in the food which is prepared for your child. It is my responsibility to know which allergenic ingredients are present in the food which I provide for your child.

Below is the list of the 14 major allergens; please use this chart to document any information relating to your child. This will then be used to ensure that your child is not given any foods containing an identified allergen.

There are 14 major allergens which need to be declared when used as ingredients The following list tells you what these allergens are and provides some examples of foods where they may be found:		Please provide information here regarding your child.
Celery	This includes celery stalks, leaves and seeds, and celeriac. It is often found in celery salt, salads, some meat products, soups and stock cubes.	
Cereals containing gluten	This includes wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats. It is often found in foods containing flour, such as some baking powders, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and foods dusted with flour. *The cereal will need to be declared. However, it is up the childminder to declare the presence of gluten with this.*	
Crustaceans	This includes crabs, lobster, prawns and scampi. It is often found in shrimp paste used in Thai curries or salads.	
Eggs	This is often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and foods brushed or glazed with egg.	
Fish	This is often found in some fish sauces, pizzas, relishes, salad dressings, stock cubes and in Worcestershire sauce.	
Lupin	This includes lupin seeds and flour, and can be found in some types of bread, pastries and pasta.	
Milk	This is found in butter, cheese, cream, milk powders and yoghurt. It is often used in foods glazed with milk, powdered soups and sauces.	

Molluscs	This includes mussels, land snails, squid and whelks. It is often found in oyster sauce or as an ingredient in fish stews.	
Mustard	This includes liquid mustard, mustard powder and mustard seeds. It is often found in breads, curries, marinades, meat products, salad dressing, sauces and soups.	
Nuts	This includes almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia or Queensland nuts. (These can be found in breads, biscuits, crackers, desserts, ice cream, marzipan almond paste), nut oils and sauces. Ground, crushed or flaked almonds are often used in Asian dishes such as curries or stir fries.	
Peanuts	This can be found in biscuits, cakes, curries, desserts and sauces such as for satay. It is also found in groundnut oil and peanut flour.	
Sesame seeds	This can be found in bread, breadsticks, hummus, sesame oil and tahini (sesame paste).	
Soya	This can be found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu. It is often used in some desserts, ice cream, meat products, sauces and vegetarian products.	
Sulphur dioxide	This is often used as a preservative in dried fruit, meat products, soft drinks and vegetables as well as in wine and beer.	
Does your child have any other food allergies?		

My Procedure

If I employ assistants or co childminders, then I will ensure that this information is accessible to them and they are kept up to date. They will also be aware of the policies and procedures that relate to food safety.

When preparing any dish I will think carefully and read any labels about the ingredients within the recipe, to check if any allergens are present. Children with an identified allergy will not be given foods which contain that allergen, and neither would the other minded children on that day, to avoid potential cross contamination or exposure to the allergen.

If I am making food for a child who has an allergy, I will follow good hygiene practice: I will wash my hands prior to preparing any foods and I will also make sure that all work surfaces and equipment have been thoroughly cleaned.

I follow the guidance as set out in the document 'Safer food, better business for childminders', produced by the Foods Standards Agency.

If I provide a written menu I will ensure that the 14 allergens are noted. In other instances this information will be given verbally.

It is also important that you, the parent, keep me informed if your child develops any allergies or food intolerance, whilst in my care.

Dealing with severe allergic reaction

I will ensure that any staff members and I know how to respond if we ever have to deal with a severe allergic reaction whilst in my care.

I am aware that a child may be having an allergic reaction if they are displaying the following signs.

- Having difficulty in breathing
- Lips and mouth are swollen
- If they collapse

In the event of a child having an allergic reaction in my care, I will follow the procedure outlined below.

- Do not move the child, because this could make them worse.
- Call 999 immediately and describe what is happening; explain that you think the child may be having a serious allergic reaction or anaphylaxis (pronounced anna-fill-axis). It is important to mention the word anaphylaxis to ensure that the urgency of the situation is communicated and that appropriate medication will be available.
- Ask the child (where appropriate); if they carry an adrenaline pen and if necessary help them retrieve it. If they are struggling to self-administer, then offer to assist them.
- Any child known to me to have an adrenaline pen, I will have received prior training to ensure that that is then administered correctly.
  Date of training ……

For further information see the below link
http://www.food.gov.uk/sites/default/files/multimedia/pdfs/publication/loosefoodsleaflet.pdf

Parent's signature:

Childminder's signature:

Date:

Please ensure that this is completed when the child starts at the setting, and revised as appropriate.