Dated February 2003, Revised September 2003, Revised 5/07/07, Revised 23/08/12, Reviewed 15/09/16

Signed on behalf of Management Committee ........................................ Dated .........................

Aim
To protect children in our care who may have severe allergies to peanuts and tree nuts.

Background
The Peanut & Tree Nut policy is put into place because as a Centre we take responsibility for the health and well being of our children, staff, families and visiting community. Although we appreciate that there are many other substances that children can have severe allergic reactions to, we have made this policy specific to peanuts and tree nuts. Our reasons for this are;

1. These are the most common allergens causing severe allergic reactions in children.
2. These substances are very hard to contain, eg. Nuts are small items that when spilt or dropped can easily be missed and picked up by another child; and, products such as peanut butter & Nutella are easily smeared onto surfaces.
3. Choking hazard.

We will provide this policy and follow it through to protect those children that may suffer any severe allergic reaction to peanut and similar products.

N.B. Tree nuts include walnuts, hazelnuts, cashew nuts, almonds, pecans, macadamias, pistachios, pine nuts, chestnuts and brazil nuts. This does not include coconut.

Policy Statement
No person should be placed in a situation and/or environment that may endanger their life, therefore it is our role to notify and educate staff and parents about the dangers that peanuts and other nut products may inflict on those who may suffer from these products.

Parents will be advised of the policy and told not to provide any peanut or similar nut product, even if it may not be harmful to their child. The reasons stated above will be outlined to the parents.

Related Policies
Medical Conditions Policy
Medication Policy
Anaphylaxis Policy
Nutrition Policy

Related Documents
Peanut & Tree Nut Allergy – Information Sheet

Implementation
1. Staff will be educated about the dangers that can be associated with peanuts and similar nut products to children/adults with severe allergies.

2. Information will be included in enrolment packages to educate and inform parents about the increase in severe allergies to these products and the life threatening dangers they possess. (refer Peanut & Tree Nut Allergy – Information Sheet)

3. If a child is known to have an allergy to peanuts or tree nuts their parents will be consulted prior to enrolment with regard to the severity of the child’s allergy and Parents will be required to provide an
Emergency Action Plan signed by their Child’s Doctor that outlines the symptoms and the emergency procedures to be followed in case of an allergic reaction.

4. The centre will provide information in the section handbook, as well as on notice boards and Website about the Nut & Tree Nut Policy and the reason the Centre enforces this policy.

5. Products such as peanut butter, Nutella, nut food bars and any other products that have nuts or peanuts listed in the ingredients will not be allowed within the Centre to prevent allergies arising and to protect any children or staff that may suffer from these allergies – This does not include products that contain the warning “may contain traces of nuts”.

6. Topical lotions and creams including nappy rash creams that have nut oil listed as an ingredient will not be used at the centre. This includes creams supplied by parents.

7. Parents are encouraged to discuss with staff any concerns or uncertainties they have about particular foods or topical lotions.

Source


Australian Government Department of Education, Employment and Workplace relations (2009) Belonging, Being & Becoming, the Early Years Learning Framework for Australia


Next Review: August 2018

UPCCC is a Peanut and Tree Nut Free Centre

This Information Sheet provides information of Peanut and tree nut allergy and why we have decided to be a Peanut and tree nut free Centre. The information is based on information by the Australasian Society of Clinical Immunology and Allergy

Peanut and tree nut allergy is most common in infants, but may appear for the first time in adults. Peanut allergy causes more problems than other food allergies because it is common (1 in 50 infants), exposure is hard to avoid and even trace amounts can trigger symptoms. Less than 20% of cases resolve, and while severity may occasionally lessen with age, around 20% of cases can become worse with time.

Allergic reactions to peanut and tree nuts can be serious

The majority of allergic reactions to peanut and tree nuts (like walnut, almond, pecan, pistachio or cashew) are mild. Contact hives, worse eczema and vomiting are the most common complaints. Some sensitive individuals develop difficulty breathing due to asthma or throat swelling, or a drop in blood pressure. This is known as anaphylaxis, and allergy to peanuts is one of the most common triggers.

Other allergies may also be present

Food allergy is more common in people who have other allergies like hayfever, asthma or eczema. As many children have allergies to other foods such as milk, egg or other nuts, your doctor may test for these allergies as well.

Reliable diagnosis of food allergy is important
Unnecessary avoidance of certain foods, for example based on self-diagnosis, may have adverse nutritional consequences. However, the only way for an allergic individual to manage food allergy is to avoid eating the food that causes the allergic reaction. In order to avoid unnecessary dietary restrictions, it is important to have reliable methods to diagnose food allergy. Your doctor will normally ask a series of questions that may help to narrow down the list of likely causes of allergy such as foods or medicines consumed that day, or exposure to stinging insects. This approach will also help to exclude conditions that can sometimes be confused with food allergy. Skin or blood (IgE/RAST) allergy testing helps confirm or exclude potential triggers. However, a positive test is not the same as being food allergic. Talk to your doctor to get help with understanding the test results.

**Unorthodox so-called "allergy tests" are unproven**

There are several methods of unorthodox "tests" for food allergy. Examples include cytotoxic food testing, Vega testing, kinesiology, iridology, pulse testing, Alcat testing and Rinkel's intradermal skin testing. These are unreliable, have no scientific basis and have no useful role in the assessment of allergy.

**Peanuts and tree nuts are hard to avoid**

Peanuts and nuts are widely used in processed Western and in Oriental cooking. This poses significant problems for people with severe peanut or tree nut allergy. Laws require that any product, which contains peanuts or tree nuts traces, must be labelled to that effect, so the labels of all foods should be checked before purchase. Some manufacturers will also label their products as possibly containing traces of nuts. In such situations, multiple products may be made on the same production line and cross-contamination with traces of nuts cannot be guaranteed. The risk of cross contamination is greatest for those with severe food allergies. Occasionally nut products or oils have been used as unlabelled ingredients in cosmetics such as massage oils. For example, the term Arachnis oil on the label is the scientific name for peanut.

The following list provides some examples of foods that can contain peanut or tree nuts. While peanut/nuts may not always be present, foods in this list should be examined carefully to ensure that no peanuts/nuts are present.

**Foods that may contain peanuts or tree nuts:**

<table>
<thead>
<tr>
<th>Baked goods</th>
<th>Biscuits</th>
<th>Cereals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chinese meals</td>
<td>Crackers</td>
<td>Egg rolls</td>
</tr>
<tr>
<td>Ice creams</td>
<td>Health bars</td>
<td>Indonesian dishes</td>
</tr>
<tr>
<td>Kebabs</td>
<td>Marzipan</td>
<td>Mixed nuts</td>
</tr>
<tr>
<td>Pastries</td>
<td>Peanut oil</td>
<td>&quot;Natural&quot; flavorings</td>
</tr>
<tr>
<td>Peanut butter</td>
<td>Sweets</td>
<td>Spaghetti sauces</td>
</tr>
<tr>
<td>Soups</td>
<td>Thai dishes</td>
<td>Vegetable fats &amp; oils</td>
</tr>
<tr>
<td>Pesto</td>
<td>Arachnis oil</td>
<td>Bouillon/Worcestershire sauce</td>
</tr>
<tr>
<td>Nougat</td>
<td>Muesli</td>
<td>Hydrolyzed vegetable protein</td>
</tr>
<tr>
<td>Chocolates</td>
<td>Nutmeg</td>
<td>Vegetarian dishes</td>
</tr>
<tr>
<td>Animal and bird feeds</td>
<td>Lotions, shampoos &amp; creams</td>
<td>Promethium (progesterone cream derived from peanuts)</td>
</tr>
</tbody>
</table>

**Other foods may also cause allergic reactions**

Despite the name, "peanut", they are actually legumes, coming from the same family as soy, lentils and peas. Fortunately, the majority of peanut allergic people can eat these other foods with safety.

**Other nuts and seeds can cause severe allergy**

Even though there is little similarity between peanut allergens and those present in tree nuts, there is an increased risk of other food allergies in peanut allergic children. For this reason, (and because of the risk of peanut contamination in "mixed nuts"), it is usually recommended that peanut allergic people avoid all nuts. Some people, on the other hand, are allergic to tree nuts alone or to sunflowers, sesame or poppy seeds. The management of these patients is similar to that of peanut allergic patients.

**Highly purified peanut oil contains little allergen**

Refined peanut oils (not cold-pressed) have been shown to be safe in small studies. Unfortunately, it is difficult to guarantee that the oil is sufficiently refined to remove all traces of allergen. This particularly applies to restaurants which use peanut oils for cooking, as peanut proteins may leach into the oil during cooking, and the oil may be re-used a number of times. In general therefore, avoidance of peanut oil is frequently advised.

**Avoidance is the only proven treatment for peanut/tree nut allergy**
The only proven treatment for peanut/tree nut allergy is avoidance. It is therefore fortunate that omitting peanuts or tree nuts from the diet has no adverse nutritional consequences. Children should bring their own nut free food with them to school. They should also be encouraged not to swap food. In common eating and food preparation areas, where there are children with severe peanut allergy, particularly in day care centres and pre-schools, all nut-containing foods should be avoided.

**Action Plans are essential**

The average nut-allergic person will have an accidental exposure every couple of years. The difficulties of avoiding peanuts/tree nuts completely make it essential to make back-up Action Plans. These are discussed in further details in the article Management of Food Allergy.

**Nut allergy can be effectively managed**

The good news is that in concert with a trained allergist and a network of supportive contacts, people with allergy to peanuts / tree nuts can learn to live with their condition. The knowledge that EpiPen (an automatic device for administering adrenalin) is available and is life-saving offers reassurance. Research continues to find new ways of more effectively treating this condition. The "Food Anaphylaxis Children Training and Support Association" (FACTS) (www.allergyfacts.org.au) offers valuable updates and tips for dealing positively with food allergies.

*It is important to note that information contained in this bulletin is not intended to replace professional medical advice. Any questions regarding a medical diagnosis or treatment should be directed to a medical practitioner.*

**Source:**

Australian Society of Clinical immunology and Allergy (ASCIA) (2014) *Information for Patients, Consumers and Carers, Peanut, Tree nut and Seed allergy*, sourced from: