



Dundale Primary School & Nursery

'Belonging, Achieving, Flourishing'

Nut Free Policy

Policy Review	
Review schedule	2 years
Date of Last Review	September 2026
Date of Next Review	September 2028

Dundale Primary School is committed to equality of opportunity for all pupils, staff, parents and carers. This policy has been written and reviewed with due regard to the Equalities Act 2010.

In accordance with statutory visibility requirements, this policy is actively published and easily accessible on the Dundale Primary School & Nursery website for all parents, staff, and external stakeholders to review.

This policy should be read in conjunction with the Anaphylaxis and Allergy Policy & Nut Free Policy.



Nut-Free Policy

Although we recognise that this cannot be guaranteed, Dundale Primary aims to be a Nut-Free school. This policy serves to set out all measures to reduce the risk to those children and adults who may suffer an anaphylactic reaction if exposed to nuts to which they are sensitive. The school aims to protect children who have allergies to nuts yet also help them, as they grow up, to take responsibility as to what foods they can eat and to be aware of where they may be put at risk. We do not allow nuts or nut products in school lunch boxes.

Our “Nut-Free Policy” means that the following items should not be brought into school:

Packs of nuts

Peanut butter sandwiches

Nutella/chocolate hazelnut spread sandwiches

Fruit and cereal bars that contain nuts

Chocolate bars or sweets that contain nuts

Sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame)

Cakes made with nuts

Suncream that has nut oil in the ingredients

We have a policy to not use nuts in any of our food prepared on site at our school. Our suppliers provide us with nut-free products. However, we cannot guarantee freedom from nut traces. We cannot give out any sweets/cakes brought in from home to be given out as birthday treats.

Definition

Anaphylaxis (also known as anaphylactic shock) is an allergic condition that can be severe and potentially fatal.

Anaphylaxis is your body's immune system reacting badly to a substance (an allergen), such as food, which it wrongly perceives as a threat. The whole body can be affected, usually within minutes of contact with an allergen, although sometimes the reaction can happen hours later.

Staff

Staff and volunteers must ensure they do not bring in or consume nut products in school and ensure they follow good hand-washing practice. Sweet treats are not generally given out by staff, but if any food is shared as part of a celebration then staff ensure that there are no nuts in the products

All product packaging must be checked for warnings directed at nut allergy sufferers and if the following or similar are displayed, the product must not be used in school. Packaging must be checked for:

- Not suitable for nut allergy suffers
- This product contains nuts

All staff have completed Anaphylaxis and Allergy training.

Parents and Carers

Parents and carers must notify staff of any known or suspected allergy to nuts and provide all medical and necessary information. This will be added to the child's care plan and if necessary a meeting organised with the school nurse. Homemade snacks or party food contributions must have a label detailing all ingredients present and the kitchen environment where the food was prepared must be nut free. If you are unsure about a selection, please speak to a staff member before bringing the food item into school.

The school requests that parents and carers observe the nut-free policy and therefore **do not** include nuts, or any traces of nuts, in packed lunches.

Children

All children are regularly reminded about the good hygiene practice of washing hands before and after eating which helps to reduce the risk of secondary contamination. Likewise, children are reminded and carefully supervised to minimise the act of food sharing with their friends.

Health Plans and Emergency Response

We have individual Healthcare plans for children with allergies and Allergy Lists are displayed highlighting Healthcare plans in place, triggers, medication (Medication will be stored, administered and documented in accordance with our Administering Medicine Policy & Anaphylaxis and Allergy Policy).