



The Butterfly Rooms (Incorporating Woodlands) LTD

Tank Hill Road | Purfleet | Essex | RM19 1TA

Registered Charity Number: 1148068 | Ofsted Number: 453859 | Company Number: 7984150 | *Limited by Guarantee*

Telephone Number: 01708 863 737

Managing Children's Dietary Requirements, Allergies, Intolerances and Religious Needs Procedure

Policy Statement

The Butterfly Rooms is committed to providing a safe, inclusive and respectful environment for all children. We recognise that children may have individual dietary requirements due to allergies, food intolerances, medical conditions, cultural practices, ethical beliefs, or religious observance.

We will work closely with parents/carers to ensure every child's dietary needs are identified, recorded, respected and safely managed.

Aims

This procedure aims to:

- Protect children from exposure to foods that may cause harm.
- Respect cultural, religious and ethical dietary requirements.
- Promote inclusion and equality.
- Ensure staff understand and follow children's individual dietary needs.
- Provide a safe approach to food preparation and mealtimes.
- Comply with EYFS safeguarding and welfare requirements.

Types of Dietary Requirements

The Butterfly Rooms recognises the following dietary requirements:

Allergies

Foods or substances that trigger an immune response, including but not limited to:

- Peanuts
- Tree Nuts
- Milk
- Eggs
- Fish
- Shellfish
- Soya
- Wheat
- Sesame

Some allergies may result in severe reactions, including anaphylaxis.

Food Intolerances

Food intolerances may cause discomfort or illness but do not involve the immune system. Examples include:

- Lactose intolerance
- Gluten intolerance
- Food additive sensitivities

Medical Diets

Children may require specialist diets due to:

- Coeliac Disease
- Diabetes
- Gastrointestinal conditions
- Other diagnosed medical needs

Religious and Cultural Requirements

We respect dietary practices associated with faith and cultural beliefs, including:

- Halal
- Kosher
- Vegetarian diets linked to religious practice
- Fasting periods (where appropriate to age and safeguarding requirements)
- Other cultural dietary restrictions

Ethical or Lifestyle Preferences

Where reasonably practicable, we will support:

- Vegetarian diets
- Vegan diets
- Family dietary preferences

Parents/carers remain responsible for informing the nursery of these requirements.

Registration and Information Gathering

Upon enrolment, parents/carers must provide details of:

- Allergies
- Intolerances
- Medical dietary requirements
- Religious dietary requirements
- Cultural dietary requirements
- Ethical dietary preferences
- Emergency medication requirements

Parents/carers must notify the nursery immediately of any changes.

Individual Dietary Care Plans

Where required, an Individual Dietary Care Plan will be developed and kept on file.

The plan will include:

- Child's name and date of birth
- Foods to avoid
- Symptoms of reactions
- Alternative foods
- Emergency procedures
- Medication requirements
- Parent/carer contact details

Dietary plans will be reviewed:

- At least annually
- Following medical updates
- Following any dietary incident

Communication with Staff

All relevant staff will be informed of children's dietary requirements.

This will include:

- Kitchen staff

- Managers
- Key persons
- Relief and agency staff where appropriate

Dietary information will be displayed discreetly in food preparation areas whilst maintaining confidentiality.

Food Preparation and Serving

The Butterfly Rooms will take reasonable steps to minimise risks by:

- Checking ingredient labels carefully.
- Following allergy management procedures.
- Avoiding cross-contamination.
- Using separate utensils where necessary.
- Ensuring staff understand dietary requirements.
- Supervising mealtimes appropriately.

Children will only be given food that has been approved for their dietary needs.

Religious and Cultural Considerations

The Butterfly Rooms values diversity and inclusion and will:

- Respect religious dietary requirements.
- Discuss individual needs with parents/carers.
- Ensure staff understand specific dietary restrictions.
- Promote understanding and respect among children.
- Avoid offering prohibited foods to children with faith-based dietary requirements.

Where food forms part of celebrations or activities, alternative options will be made available whenever possible.

Special Events and Celebrations

For birthdays, festivals and special events:

- Parents will be encouraged to discuss food items with staff beforehand.
- Ingredient information may be requested.
- Alternative foods will be provided where necessary.
- No child will be excluded from celebrations due to dietary needs.

The safety of children will always take priority.

Food Provided by Parents

If food is brought into the setting by parents/carers:

- It must be clearly labelled.
- The ingredients should be known where necessary.
- Staff reserve the right not to serve food where allergen information is unclear.
- Food storage requirements must be followed.

Responding to Allergic Reactions

If a child displays symptoms of an allergic reaction:

1. Follow the child's care plan.
2. Alert the Manager immediately.
3. Administer medication if prescribed and authorised.
4. Contact parents/carers.
5. Call 999 immediately if anaphylaxis is suspected.
6. Record the incident and review procedures.

Staff Training

Relevant staff will receive training in:

- Allergy awareness.
- Food safety.

- Cross-contamination prevention.
- Emergency procedures.
- Use of prescribed emergency medication.
- Inclusive dietary practices.

Training records will be maintained.

Equality and Inclusion

Children will never be disadvantaged, excluded or treated less favourably because of:

- Allergies
- Intolerances
- Medical conditions
- Religious beliefs
- Cultural practices
- Dietary preferences

The Butterfly Rooms promotes respect, diversity and inclusion at all times.

Monitoring and Review

The Nursery Manager will monitor:

- Dietary care plans.
- Food preparation procedures.
- Staff training records.
- Incidents involving dietary needs.
- Parent feedback.

This procedure will be reviewed annually or sooner if legislation, guidance or operational practice changes.

This policy was adopted by

The Butterfly Rooms Ltd

On

24th July 2026

Date to be reviewed

24th July 2027

Signed on behalf of the Management
committee

Name of signatory

Miss Aimee Thompson

