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## Nut-Free Packed Lunch Policy – Feb 24

At Future Stars Coaching, we prioritise the health and safety of all children under our care. To ensure a safe environment for children with nut allergies, we have implemented the following nut-free packed lunch policy:

1. **No Nuts Policy:** Packed lunches brought from home must not contain any nuts or nut products, including peanuts, tree nuts, and products containing nut ingredients.
2. **Label Reading:** Parents/guardians are responsible for carefully reading food labels to ensure that packed lunches do not contain any traces of nuts or nut-derived ingredients. This includes checking for hidden sources of nuts in packaged foods.
3. **Alternative Options:** Encourage parents/guardians to provide alternative protein sources and snacks that are safe for all children to consume. Suggestions include lean meats, cheese, yogurt, fruits, vegetables, and nut-free granola bars or crackers.
4. **Education and Awareness:** Educate parents/guardians and children about the importance of a nut-free environment and the potential risks associated with nut allergies. Promote understanding and empathy among children to foster inclusivity and support for their peers with allergies.
5. **Allergy Emergency Plan:** Maintain up-to-date allergy emergency action plans for children with known nut allergies. Ensure that staff members are trained in recognising allergic reactions and administering emergency medication, such as epipens, if necessary.
6. **Communication:** Communicate the nut-free packed lunch policy clearly and regularly to parents/guardians through written notices, emails, and verbal reminders. Encourage open dialogue and cooperation to uphold the safety of all children in our care.

By adhering to this nut-free packed lunch policy, we strive to create a safe and inclusive environment where all children can thrive without the risk of nut exposure. We appreciate the cooperation and support of parents/guardians in maintaining a nut-free setting for the well-being of our community.

If you have any questions or concerns regarding this policy, please do not hesitate to contact us.

Thank you for your understanding and cooperation.

Future Stars Coaching