

# Childcare check list

## for managing food allergy

### Remember:

- It is estimated that 5% of Australian children suffer from food allergies and some of them will experience a life-threatening (anaphylactic) reaction
- There are 9 foods that account for 90% of allergic reactions: egg, milk, peanut, tree nuts (walnuts, almonds, cashews, pistachios, pecans etc) sesame, soy, wheat, fish and shellfish
- Peanuts are the leading cause of fatal food-induced anaphylactic reactions
- Currently there is no cure for food allergy. Avoidance of the food is the only way to prevent an allergic reaction

### Practical Tips that help you minimise risk and increase awareness of food allergy

- Encourage those caring for children with food allergy to be educated on the daily management and emergency treatment of anaphylaxis.
- Keep information about the food allergic child in a prominent place where all staff and helpers will remain aware of it.
- Rethink what food you stock and serve. Avoid peanut and tree nut (e.g. hazelnuts, cashews, almonds) products, including nut spreads.
- If food item cannot be removed, work on strategies to minimise the risk of a reaction (e.g. hold babies whilst they drink their milk, babies with food allergy should have a dedicated high chair).
- Avoid cross contamination during food preparation.
- Include the needs of children who are allergic when planning your activities and stock purchases.
- Discourage sharing of food, drinks and utensils (straws, bottles).
- Wash hands after eating – no playing with toys whilst eating.
- Do not allow children to wander whilst they are eating food.
- Clean up spills immediately.
- Wash toys and equipment regularly.
- Remember craft items can contain food allergens (e.g. egg cartons)
- Parents of children at risk of anaphylaxis should be informed if sunscreen is offered to children – they may want to provide their own.

### Latex allergy:

- Children with latex allergy should not come into contact with party balloons and latex gloves.

For more information ring **1300 728 000**  
or visit **[www.allergyfacts.org.au](http://www.allergyfacts.org.au)**

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