



Date of latest Review: Sept. 2025

Date for next review: Aug. 2026

## Food Policy

Many of our children and young people use food and drink to regulate and remain stable during their day. We support and encourage their self-awareness and independence in this area. However, we have a duty of care to all our learners and as such request that you agree to the following.

Upon joining Oaks Rise it is the parent's / carer's responsibility to inform us of any allergies. This information should include all previous serious allergic reactions, history of anaphylaxis and details of all prescribed medication. Parents / carers are to supply a copy of their child's Allergy Action Plan. If they do not currently have an Allergy Action Plan this should be developed as soon as possible in collaboration with a healthcare professional eg GP/allergy specialist. Parents / carers are responsible for ensuring any required medication is supplied, in date and replaced as necessary. Parents / carers are requested to keep Oaks Rise up to date with any changes in allergy management. The Allergy Action Plan will be kept updated accordingly.

Unless a formal agreement is in place food should not need to be prepared or modified on the premises.

No food containing common or other learner-specific allergens should be brought onto the premises.

Oaks Rise is currently attended by learner(s) who have anaphylactic reactions to nuts. As such no nuts of any sort should be brought onto site. This includes foods which contain small amounts of nuts and chocolate nut spreads such as Nutella etc.

We would also appreciate it if strong smelling foods are avoided as this may dysregulate other learners.

Learners will have access to the Oaks Rise kitchen and as such, can help themselves to drinks of water and squash at any time. Oaks Rise provides a small range of healthy snacks such as fruit and savory biscuits for learners to access during sessions to help learners regulate. These snacks will not contain any nuts or other learner-specific allergens that we are made aware of.