



PLAYGROUP CHECKLIST for managing food allergies



Remember

- ❁ 1 in 10 babies born in Australia today will develop a food allergy
- ❁ 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
- ❁ 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



- ❁ Work out a manageable plan between the playgroup co-ordinator and the parent/carer of the child with the allergy
- ❁ Share information on food allergy with parents/carers in the playgroup and answer any questions that may arise
- ❁ Discuss what food can be brought in to playgroup by parent/carers for both children and parents/carers
- ❁ Consider fruit and vegetables and plain rice crackers for morning tea. If a child is allergic to a fruit or vegetable, remove it from the list of acceptable fruit and vegetables
- ❁ Avoid cross contamination during food preparation – ie do not cut fruit with a knife already used to cut cake for parents/carers.
- ❁ If a food item cannot be removed, work on strategies to minimise the risk of a reaction (eg nurse babies while they drink their milk, babies with food allergy should eat in their own stroller)
- ❁ Include the needs of children who are allergic when planning your activities
- ❁ If there is a special day where there will be other food brought in, make sure that the parent/carer of the allergic child is notified in advance so that they can bring alternative food for their child e.g. birthday cake.
- ❁ Discourage sharing of food, drinks and utensils
- ❁ Do not offer anyone else's child food unless you have spoken to the parent/carer of that child
- ❁ Wash hands after eating – no playing with toys while eating
- ❁ Consider a set eating time for the children. Do not allow children to wander whilst they are eating
- ❁ Clean up spills immediately
- ❁ Remember craft items can contain allergens (eg egg, milk and yoghurt cartons)
- ❁ Know where the parent/carer of the child with allergies keeps their medical kit in case it is needed in an emergency
- ❁ Think through a plan of how you would manage an emergency at playgroup
- ❁ Latex Allergy: Children with latex allergy should not come into contact with party balloons and latex gloves.



For more information call 1300 728 000
or visit allergyfacts.org.au

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