

CHAPTER FIVE: NUTRITION

Nutrition	Food Allergy and Restriction Posting
Approved: September 1, 2017 Revised: October 2020	Policy Number: 5.5

Policy Statement:

Children receiving child care may have known allergies to food or other agents (e.g. latex) which may be serious or life-threatening (e.g. anaphylaxis). A list of children with known allergies, as well as their respective allergens, must be posted in areas of food preparation and consumption, play areas or play rooms, and available and accessible in any other area in which children may be present to minimize risk of reaction.

All allergies, including allergies to food, medication and other agents (i.e. latex) must be included on the allergy list. There may also be children receiving child care who have specific food restrictions. These restrictions may be due to food intolerances, family dietary choices (e.g., vegetarian) or religious observance (e.g., requirement for kosher or halal food). Information about food restrictions must also be posted in areas of food preparation and consumption, play areas or play rooms, and available and accessible in any other area in which children may be present (e.g., gymnasium, library, etc.) to ensure that children receive the correct meals and snacks.

Procedure:

Where applicable, a list is posted in each cooking and serving area, play area or play room, and is available and accessible in any other area in which children may be present that includes the following:

- name of each child receiving child care in the child care centre with allergies and their respective allergens; and,
- name of each child receiving child care in the child care centre with food restrictions and their respective restrictions.

Lists of children's allergies and food restrictions must be kept up-to-date and reflect the most current information available.

The information included on allergy and food restriction lists must match the information contained in the individualized plan for children with an anaphylactic allergy, where applicable.