

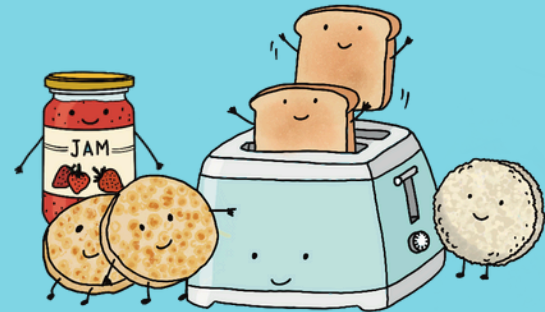
THE ABC – ALLERGY BREAKFAST CLUB!

a guide to...

Allergy Safe Breakfast Spaces



brought to you by:



GUIDE TO ALLERGY SAFE BREAKFAST SPACES

BEFORE BREAKFAST CLUB STARTS:

1. Check Allergies:

- Ask parents about food allergies when they sign their child up.
- Keep an up-to-date allergy list in a safe place for staff.
- Ensure all staff know who has allergies and what foods to avoid.

2. Plan the Menu

- Choose allergy-friendly options (e.g., dairy-free spreads, gluten-free cereals).
- Clearly label all food—know what's in cereals, bread, and spreads.
- Store allergy-safe food separately from other food.

3. Set Allergy Rules

- No food sharing—children eat only what's on their own plate.
- Have a nut-free policy (or any other key allergens that apply).
- Make it fair—offer safe alternatives so no one is left out



PREPARING & SERVING BREAKFAST:

1. Avoid Cross-Contact:

- Use separate chopping boards, knives, and spoons for allergy-safe food.
- Change gloves or wash hands before handling allergy-safe food.
- Wipe down surfaces before and after use with separate cloths.

2. Serving the Food:

- Give allergy-safe food first before handling other foods.
- Keep allergy-friendly spreads, cereals, and drinks in separate containers.
- Have clearly marked allergy-friendly tables if needed.

DURING BREAKFAST CLUB:

1. Hygiene & Cleanliness

- Wash hands before and after eating (especially if allergens are present).
- Clean tables, chairs, and trays immediately after eating.
- Avoid using shared cloths or sponges for allergy and non-allergy areas.

2. Teach Allergy Awareness

- Remind children that sharing food can be dangerous.
- Encourage kindness—don't single out children with allergies.
- Use fun ways to educate children about allergy safety (posters, games).



AFTER BREAKFAST CLUB:

- Store leftover allergy-safe food in its own sealed container.
- Double-check cleaning of tables, trays, and utensils.
- Dispose of allergen-containing waste properly (e.g., nut butter

HOW TO AVOID ALLERGIC REACTIONS.

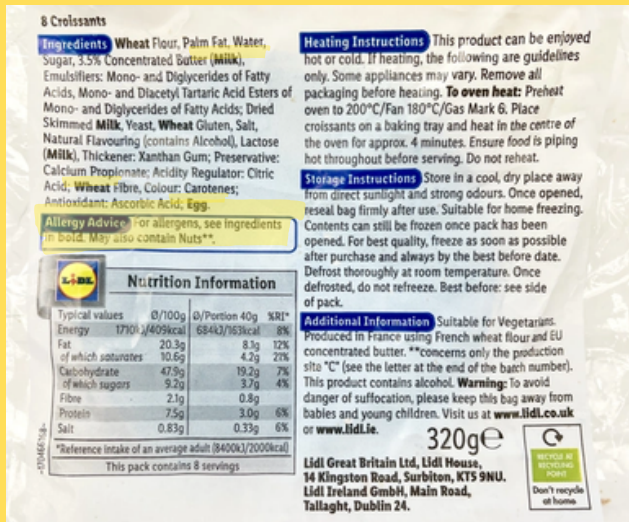
HOW TO READ FOOD LABELS:

KNOW HOW TO READ FOOD LABELS:

It is so important to be able to know exactly how to read food labels and what to look out for

- Always read labels first before preparing any food , as ingredients can change. Allergens will be listed in bold (e.g Celery and Barely below).
- Pay close attention to "may contain" statements.
- Watch out for other statements such as "manufactured in a factory that handles" or "made on equipment that handles".

IMPORTANT INFORMATION TO LOOK OUT FOR BELOW



KEEP ALLERGEN SAFE SNACKS SEPERATE:

Have a "Safe Snack Box"

- Keep a stash of pre-approved, allergen-free snacks for children with food allergies as a fail safe back up.
- By following these guidelines, we can create a safe and inclusive environment for all children.

Avoid Bulk Containers:

- Keep a stash of pre-approved, allergen-free snacks for children with food allergies as a safe option.

HiGH STANDARDS OF HYGIENE

It is so important to uphold a strict level of hygiene. You can do this by doing the following:

1. Use Separate Equipment

- Have designated allergen-free cutting boards, knives, and utensils. You can use a different colour for kitchen utensils to make it clear.
- Make Allergy-safe food first if you are needing to make several foods.

2. Wipe Down Surfaces After Eating

- Use separate cleaning cloths with soap and water to clean tables and surfaces after snack time

3. Handwashing is Essential

- Ensure everyone washes hands with soap and water before and after eating—hand sanitisers do not remove allergens.
- Safe snack handling and distribution