



School's Food & Allergens Policy

Reviewed: June 2026

Review date: June 2029

A Parent Guide to Allergen Rules and Requirements at Dobcroft Junior School

What is Natasha's Law?

Natasha's Law is legislation relating to the declaration of allergen information on pre-packed for direct sale (PPDS) food. The law takes its name from the tragic death of a teenager named Natasha, who died from an allergic reaction to undeclared sesame seeds in a pre-packaged baguette.

The law makes it a legal requirement to clearly display information about potential allergens on food packaging for PPDS food.

What is Benedict's Law?

Benedict's law makes it a mandatory legal requirement for schools to implement comprehensive allergy safety policies, staff training, and emergency adrenaline auto-injectors to protect pupils from severe allergic reactions. Whole-School Allergy Policy: Schools must develop, regularly review, and publicly publish a comprehensive allergy safety plan. At Dobcroft Junior School this will be an IHCP (Individual, health, care plan).



When did the law come into effect?

Natasha's Law was implemented on 1 October 2021. In line with The Food Standards Agency's expectations, we made changes to our school policies and procedures to ensure that our pupils and staff can feel safe when eating food from our school.

Benedict's Law came into force in September 2026. As a result of this law all pupils who have an allergy will now have an IHCP.

What is PPDS food?

This is food which has been packaged before the customer has chosen it. This can include:

- Any food packaged by the school and sold on the premises, such as sandwiches.
- Fast food wrapped or packaged before the customer selects it.
- Potted items with lids on.
- Packed lunches for pupils on school trips.



What is not included?



Food not affected by this law includes:

- Food not in packaging.
- Food which is loose before a customer selects it and packaged afterwards.
- Loose food which was not packaged at the point it was ordered.
- Food supplied by other businesses.

Labelling laws apply to pupils of all ages – a pupil's ability to interpret the information does not remove our responsibility to provide clear labelling.

What kind of allergens will we be required to label?

The following 14 allergens must be declared by law:

- Celery
- Cereals containing gluten and wheat such as barley and oats
- Crustaceans such as crabs, prawns and lobsters
- Eggs
- Fish
- Lupin
- Milk
- Molluscs such as mussels, oysters, snails and squid
- Mustard
- Nuts such as almonds, brazil nuts, cashews, pistachio nuts and walnuts
- Peanuts
- Sesame Seeds
- Soybeans
- Sulphur dioxide and sulphites if they are at higher concentrations than 10mg/kg

These 14 allergens should be clearly indicated on the label using clear text such as bold, italics or highlighting the text in another colour.

More information on the changes required by Natasha's Law can be found here:
<https://www.parentpay.com/cypad/blog/natashas-law-how-will-it-impact-schools/>

What will school do to ensure we are allergy-safe?

- ✓ School will complete an IHCP for all pupils who have an allergy.
- ✓ The School Kitchen will all list ingredients on the labels of any food that was made on site and packaged prior to being selected.
- ✓ The School Kitchen will ensure they emphasise any potential allergens present each time they appear in the ingredients list, along with minimising the amount of allergenic ingredients where possible.
- ✓ Train all staff to be aware of their responsibility to provide correct allergen information particularly when delivering the food technology curriculum or any food preparation and tasting activities with pupils. This information will be shared with all parents.
- ✓ Teachers will complete a risk assessment for their pupils when carrying out **all** food tasting or preparation activities.
- ✓ Teaching assistants will carry out a risk assessment for small groups or individual pupils when carrying out **all** food tasting or food preparation activities.
- ✓ Risk assessments for educational visits will incorporate any risks relating to consumption of food.

- ✓ All staff will be aware of all pupil's allergies throughout school (*staffshare/medical/wholeschool medical info*) and be responsible for carrying out any risk assessments relating to food consumption for these pupils. Pupil photos will be displayed in the confidential area of the staffroom.
- ✓ Coach and assess our staff regularly to be sure they are confident in dealing with allergens, through standing agenda on weekly briefings and whole staff training.
- ✓ Ensure all documentation is revised and conveyed to our staff with relation to the whole school medical register, educational visits and risk assessments.
- ✓ Reduce risk to allergy sufferers during events such as Christmas parties, fundraising events, class celebrations by engaging with all parents of pupils who have an allergy, outlining to them the potential risks and types of food being brought into school.
- ✓ Be a 'Nut Free' school and implement a zero tolerance on nuts being brought onto the school site.
- ✓ Not allow pupils to bring in celebration food for birthdays etc in order to minimise risk to pupils.

What can parents and carers of an allergy suffer do to help keep them safe in school?

- ✓ Parents and/or carers will contribute, read and sign their child's IHCP.
- ✓ Parents and/or carers will read this policy alongside the school's "Supporting Pupils with Medical Conditions and Administration of Medicines Policy".
- ✓ Inform school of any medical conditions that their child has, including any allergies (for example asthmatic, peanut allergy)
- ✓ Update school whenever there is a change to their child's medical condition or it is out of date
- ✓ Provide school with their child's most up to date allergy plan
- ✓ Provide school with the correct medication to be kept on site in order to enable us to manage their child's condition
- ✓ Read and respond to any communication relating to events/activities in school that could affect their child (for example Christmas parties, food tasting activities, fund raising events...).
- ✓ Communicate with school and FODs (parents' association) if there are events where their child could be at risk for example a school disco in order to minimise risk.
- ✓ If in agreement allow your child's details to be shared with the relevant people running the event.

What can all parents and carers do to ensure we are allergy-safe?

- ✓ Not allow your child to bring in food that contains nuts or traces of nuts.
- ✓ Be mindful of other pupils in their class or group when planning activities such as Christmas parties who may be unable to eat certain foods or ingredients- if possible list ingredients if food is not packaged.
- ✓ Support school in us not allowing children to share their snacks or packed lunch items.
- ✓ Read and respond to any communication relating to events/activities in school that involve food consumption.
- ✓ Not send in food treats for celebrations unless it is a planned school event

Our allergen champion

We have designated **Juliet Murray** in the school office (advanced first aid trained), to be our allergen champion.

They will be in charge of coordinating allergy management.

You can contact our allergen champion at jmurray@dobcroft-jun.sheffield.sch.uk

to find out more and ask any questions you may have regarding your child's allergies and the actions we are taking to ensure their safety.



Where can you find more information?

For more information regarding Natasha's Law, you can visit The Food Standards Agency's website: <https://www.food.gov.uk/business-guidance/allergen-guidance-for-food-businesses>

For more information regarding Benedict's Law, you can visit:
<https://www.gov.uk/government/news/stronger-protections-for-children-with-allergies-in-school>
<https://www.anaphylaxis.org.uk/education/benedicts-law/>

Additional Information For Staff

Any Education Visit (including residential)- TEACHERS
1. Complete the section on the risk assessment that relates to food consumption (eg ice cream at the park, tasting chocolate) 2. Use the school medical register to identify and mitigate risk 3. Communicate with parents of any risk and how to minimise this (document this on the risk assessment) 4. Ensure all medicines are taken on the visit 5. Brief all staff and volunteers on any medical risks
Food Technology- TEACHERS
1. Complete a risk assessment for food technology activities 2. Complete the template letter below to send to parents 3. Hand the risk assessment to the Education Visit Co-ordinator 4. Ensure the food bought has labels checked and risks are managed for pupils with allergies 5. Use the school medical register to identify and mitigate risk 6. Communicate with parents of any risk and how to minimise this (document this on the risk assessment) 7. Ensure all medicines are on hand 8. Brief all staff and volunteers on any medical risks when carrying out the activity
Food Technology- SUPPORT STAFF
1. Complete a risk assessment for food technology activities such as afternoon baking 2. Complete the template letter below to send to parents 3. Hand the risk assessment to the Education Visit Co-ordinator 4. Ensure the food bought has labels checked and risks are managed for pupils with allergies 5. Use the school medical register to identify and mitigate risk 6. Communicate with the relevant parents of any risk and how to minimise this (document this on the risk assessment) 7. Do not share the prepared food with other pupils 8. Ensure all medicines are on hand 9. Brief all staff and volunteers on any medical risks when carrying out the activity
Christmas Parties- TEACHERS
1. Know who the allergy sufferers are in your class from the whole school medical register 2. Share this information within the child's group when planning the group's food 3. Ensure ALL pupils complete the template below relating to party food and take it home 4. Inform Juliet of the planned activity

5. Juliet will call individual parents and ask them how they wish the situation to be managed
6. During the party remove any items containing nuts
7. Ask children to share the ingredient lists of any home-made food
8. Be vigilant with groups of children who have an allergy
9. Communicate with Juliet Murray with regards to individual plans discussed with parents and raise any concerns or questions
10. Have any medicines on hand
11. Ensure all other adults helping/supporting are aware of risk and plans to mitigate

FODs Events/Charity fundraising (eg bake sales) OFFICE STAFF and SENIOR LEADERSHIP TEAM

1. Ensure the letters to parents regarding the event outlines the risks involved (template below)
2. Ask for any donations that are home-made to have an ingredients list
3. Juliet Murray will contact individual parents of pupils to ask if they wish for their name to be shared with FODs organisers in order to reduce risk if they are attending the event
4. The school office or SLT will share allergy sufferer's details with FODs if parents agree
5. A member of staff (office or SLT) that is attending the event will have access to any relevant medicines during the event

Party Planning

Name:

Class:

The food I need to bring is:

Allergies or food that cannot be eaten in my group include: (eg no sesame seed, ham):

Please remember to list the ingredients in any homemade food wherever possible- this is to keep everyone safe. If the food is bought, please bring it in the packaging with the ingredients listed.

Party Planning

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Food technology TEMPLATE

Dear Parents/Carers,

As part of our ***** Year 3 will be designing and making a healthy sandwich.

What the children will be doing --- BLURB

What the children will be tasting- BLURB

What the children will need to bring- BLURB

If your child has particular foods they cannot eat due to an allergy or personal choice and you are concerned about the activities planned please get in touch with ***** (classteacher) and or Mrs Murray in order for us to ensure they can fully participate in the learning, whilst being safe.

Please can we remind all parents not to send in any food that contains, or may contain traces of nuts as we have children with allergies in Y3. If you have any questions please ask your child's teacher. Thank you for your support, The Y3 team.

Christmas Party TEMPLATE

Dear Parents/Carers,

As part of our ***** children have been busy planning their food and drinks in small groups. Below are the items your child will need to bring and further details regarding allergies or food preference in the group. As part of our updated allergens policy in school we are taking extra steps to ensure all children are safe but at the same time can fully participate in the celebrations. If you have any worries or questions please get in touch with your child's class teacher or Mrs Murray in the school office.

