



LOWESTOFT & WAVENEY BREASTFEEDING SUPPORT

Food and Drink policy

Please see the code of conduct for all families attending groups under the banner of Lowestoft and Waveney Breastfeeding Support.

- Venues where food and drink is provided by the venue please respect their rules around bringing in external food and drink.
- Where possible we will be moving towards having a designated snack place for older children who may eat snacks that are inappropriate for babies to pick up
- Please be mindful of snacks you bring in for children. There are likely to be children with allergies or small babies who put things in their mouths. We understand that toddlers are messy with food and we would appreciate families being mindful of food they bring in.
- We will endeavour to provide a range of snacks within our sessions where we provide food. If you have a dietary requirement and are a regular attendee at café please flag this to the team as we would like to support all families to enjoy a biscuit!
- We are not responsible for food and drink provided within the setting at St Edmunds Toddler Group – this is provided by the toddler group.
- Lowestoft and Waveney Breastfeeding Support supports the approach advocated by Anaphylaxis UK towards nut bans/nut free schools. We have adopted this approach to try and support all our families attending a session. Anaphylaxis UK would not necessarily support a blanket ban on any particular allergen in any establishment, including in schools. This is because nuts are only one of many allergens that could affect children, and we cannot guarantee a truly allergen free environment for a child living with food allergy. They advocate instead for schools to adopt a culture of allergy awareness and education. A 'whole school awareness of allergies' is a much better approach, as it ensures teachers, pupils and all other staff are aware of what allergies are, the importance of avoiding the children's allergens, the signs & symptoms, how to deal with allergic reactions and to ensure policies and procedures are in place to minimise risk.
- We will not be providing any snacks or food containing nuts, peanuts or foods that may be a choking hazard.
- If yourself or child has a serious allergy and needs support to attend a group due to food allergies please speak to the lead as we aim for everyone to feel safe and comfortable to access our groups.
- Where food and drink is provided by a venue we do not have any say over their provision.



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Signs of an allergic reaction – NHS

Symptoms of an allergic reaction can include:

- a runny nose or sneezing
- pain or tenderness around your cheeks, eyes or forehead
- coughing, wheezing or breathlessness
- itchy skin or a raised rash ([hives](#))
- diarrhoea
- feeling or being sick
- swollen eyes, lips, mouth or throat

Call 999 if:

- your lips, mouth, throat or tongue suddenly become swollen
- you're breathing very fast or struggling to breathe (you may become very wheezy or feel like you're choking or gasping for air)
- your throat feels tight or you're struggling to swallow
- your skin, tongue or lips turn blue, grey or pale (if you have black or brown skin, this may be easier to see on the palms of your hands or soles of your feet)
- you suddenly become very confused, drowsy or dizzy
- someone faints and cannot be woken up
- a child is limp, floppy or not responding like they normally do (their head may fall to the side, backwards or forwards, or they may find it difficult to lift their head or focus on your face)

You or the person who's unwell may also have a rash that's swollen, raised or itchy.

These can be signs of a serious allergic reaction and may need immediate treatment in hospital.

Thank you

Kaya Thorpe

Lowestoft and Waveney Breastfeeding Support

Chief Executive Officer