

Food Allergy Safety:

Top 5 Essential Practices for Out-of-School Settings

Guided by NHS Standards, UK Policy, and Best Practice for Clubs & Societies



1 Know Your Allergens

Keep an up-to-date list of children with food allergies, their triggers, and medications. Make sure all staff and volunteers are aware and trained on individual Allergy Action Plans.

2 Communicate Early & Often

Talk to parents in advance to gather essential medical info, permissions, and concerns. Contact venues about allergen policies and food safety measures.

3 Be Medication Ready

Carry and check medications (like Adrenaline Auto-Injector (AIs)) before every session and trip. Ensure at least one trained adult is always present and knows how to respond to anaphylaxis.

4 Create a Safe Eating Space

Ban food sharing, clean surfaces, and check all food labels. Work with families or caterers to provide allergy-safe options and avoid cross-contact.

5 Prepare for Emergencies

Have a clear action plan in case of an allergic reaction, with roles assigned and emergency contacts ready. After sessions or trips, review what worked and update plans as needed.