

COURSE CONTENT OVERVIEW

Conducting a Food Allergy-Safe Breakfast Club

Running a **food allergy-safe** breakfast club isn't just about the food on the menu; it's about the routine surrounding it. Every child should feel included and safe at school, and for those with food allergies or intolerances, that safety depends on the people serving their breakfast getting it right, every single time.

This course guides you through the practical knowledge and routines needed to run a breakfast club safely, covering what's required before, during and after service. It covers how to read food labels correctly, use the necessary documentation and **prevent allergenic-contamination** in a busy kitchen environment. The course tackles real-world pressures, like the morning rush and juggling multiple children's needs at once, to give you the confidence to spot risks, follow the correct procedures and keep every child safe at breakfast club.

Module 1: Conducting a Food Allergy-Safe Breakfast Club

This module demonstrates setting up the physical space and verifying food safety information before service, maintaining active supervision during the busy breakfast rush, and resetting the room afterwards, including cleaning surfaces, storing food safely and clearing away equipment so the space is ready for the rest of the school day.

- Understanding food allergies and hypersensitivities
- The 14 named food allergens
- Reading food labels
- Natasha's Law
- Allergen Checklists, Allergy Action Plans and Double-Checking Sheets
- Controlling allergenic-contamination
- Serving food safely
- Reporting issues and concerns

Aims of the training

By the end of this course, you will be able to:

- Respond appropriately to food allergy-related situations during service, including recognising signs of a reaction and reporting incidents or near misses.
- Use key documentation alongside hygiene and food segregation practices to prevent allergenic-contamination before, during, and after breakfast service.
- Identify the 14 named food allergens, and interpret food labelling and legal requirements to determine whether a food is safe to serve.