**Nut Free Policy**

Dear Parents/Carers,

Peanut and nut allergy is the second most common food allergy in children and this is increasing. It now occurs in 1 in 50 children.

As we have several pupils in school who suffer from a severe nut or peanut allergy the school has implemented a **“Nut Free”** policyfor the safety reasons. Those pupils if they come in contact with a nut product, can suffer life threatening consequences. It can be easily contracted from a simple handshake or touching of a pupil’s table by someone who may have had some nuts in their food.

We ask that you **DO NOT** provide the following foods in your child’s lunchbox:

* Any type of nut or sesame seeds (children allergic to nuts may also have a severe reaction to sesame)
* Fruit and cereal bars that contain nuts
* Chocolate or sweets that contain nuts
* Bread containing nuts or sesame seeds
* Crackers or crispbreads that contain nuts or sesame
* Nutella or similar chocolate spread
* Peanut butter
* Cakes made with nuts
* Baklava
* Nougat
* Biscuits with nuts
* Turkish Delight
* Any foods that state **‘not suitable for nut allergy sufferers’** or **‘may contain nut traces’**

What can you put in your child’s lunchbox that is nut free?

* Marmite or vegemite sandwiches
* Cheese sandwiches
* Dried fruit
* Yoghurt
* Cheese sticks
* Pieces of fruit or chopped fruit
* Fruit strips
* Check all biscuit labels and if you are not sure please leave it out
* Any bread based foods, **except** those containing nuts/seeds or ‘tiger bread’

Please check all products that you send into school and if you are not sure whether they contain nuts, **please leave them at home.**

The staff will be making regular checks on children’s lunchboxes to ensure that these rules are being followed. Any products suspected of containing nuts or nut traces will be removed and disposed of immediately.

We would ask that you do not to send in any cakes or chocolates for birthdays or parties etc, as we cannot guarantee the safety of these products.

**If your child has a nut, or other allergy, please could you inform the School Office or the teacher as soon as possible.** Information as to how the school manages allergies can be found in the **Allergies Policy** on our website, or available from the School Office.

Our caterers have a policy not to use nuts in any of the food prepared on site at our school.

We thank you for your co-operation to ensure the safety of all pupils. If there are any issues that you feel arise as a result of this policy, please contact the school.