

Food Allergies

St Augustine's endeavours to be a nut free school. We can only do this with the cooperation of supportive parents and carers of our students. With the recent healthy food talks being held, there has been confusion with some foods which has not needed to be addressed before.

We have 8 students at St A's who have severe allergies or ANAPHALAXIS to certain foods. **These allergies can be life threatening.** The students are in the following year levels: Prep, Year 2, Year 3, Year 4, Year 5 and Year 6. Most of these children are very aware of what they can and cannot eat. The foods for concern are **nuts of any kind, seafood, eggs and kiwi fruit.** Raw eggs pose a threat as do meringues. Eggs that are baked in goods like cakes or biscuits appear to be fine. If boiled eggs or egg sandwiches are given for lunch please make sure that the teacher is aware of this. It is essential that hands be washed after eating.

Another problem arises for those who have a gluten free diet, as wheat flour is often substituted with almond meal. We are requesting that if your child has food containing almond meal that you again inform the child's teacher. Please insist that your child does not share food. Most of the anaphalaxis reactions are caused when these foods are digested and not by touching. If we are aware of the food allergies then again, we can make sure that hands are washed after eating.

Some classes have already received a letter from the parents of these children stating their allergies.

Finally we ask that ONLY cakes/biscuits etc. made from 'safe' product be donated for sale at the tuckshop. NO almond meal please. We appreciate your cooperation and understanding and we hope that this alleviates the confusion



TUCKSHOP COOKING

Thank you for sending in ONLY cakes/biscuits etc. made from 'safe' or nut free products to sell at our tuckshop.
NO almond meal please.