



## CHRIST THE KING CATHOLIC PRIMARY SCHOOL

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# No Nuts Policy

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

From September 2018 a “No Nuts Policy” was introduced. Pupils who come into contact with a nut product can suffer life threatening consequences. Nut residue and by products can easily be contracted from a simple handshake or touching a table that a pupil has eaten at who had nut products in their food.

We ask that you DO NOT put the following in your child’s lunch box:

- Fruit and cereal bars that say may contain / or actually contain nuts
- Chocolate bars that say may contain / or actually contain nuts
- Sesame seed rolls or bread containing sesame seeds ( nut allergy sufferers may have a severe reaction to sesame)
- Nutella
- Peanut butter
- Cakes that say may contain / or actually contain nuts
- Muesli bars
- Baklava
- Nuts of any type
- Nougat
- Biscuits that say may contain / or actually contain nuts
- Turkish delight

The lunchtime supervisory team will be making regular checks on the children’s lunches to ensure these rules are being followed.

If your child has a nut allergy that we are not aware of, could you please inform the school and their teacher as soon as possible so that we can ensure your child does not come into contact with any of the triggers.

### **Birthdays**

Children may provide treats for their classmates; however items must be individually wrapped and only opened off site. TA’s are no longer allowed to cut large cakes onsite or open and share out multi packs as this exposes the allergy sufferer to potential harm.

### **Food Preparation on Site**

Our school meals are provided by our supplier as nut free products; however, we cannot guarantee freedom from nut traces.

### **Class Parties**

All classes and school celebrations must adhere to the Nut Free Policy.