

## **Nut and Peanut Awareness**

Nuts and Peanuts can cause severe allergic reactions and result in anaphylaxis that can be fatal.

A person with an allergy does not have to eat nuts or peanuts to have a severe reaction, this can be caused by surface contact and airborne particles. This allergy affects approximately 1/50 children and adults.

Therefore, we need to remove the allergens from the school as best we can.

### **What this will mean?**

- Peanut and nut based products are not used in school meals.
- Pupils, staff and visitors **will not** be able to bring products containing nuts or peanuts into school.
- Items that are found to break this rule will be confiscated and either disposed of safely or saved for the parent/carer to collect.

### **What products will not be allowed in school?**

- Packs of nuts.
- Peanut butter sandwiches.
- Fruit and cereal bars that contain nuts.
- Chocolate bars that contain nuts, e.g. Snickers, Reece's, Kinder Bueno etc.
- Sesame seed products, including rolls.
- Chocolate spread (all brands) as some brands can contain nuts and it is hard for school staff to differentiate one brand from another.
- Muesli bars.
- Cakes with nuts in them.
- Nut or peanut based oils or products.
- Any other items where peanuts or nuts are listed as main ingredients, e.g. marzipan etc.
- Any items that could/ or appears to contain nuts but do not have any food labelling to prove otherwise.

### **What products are allowed?**

- Items that "may contain nuts", "may contain traces of nuts" or "made in factories that use nuts" These present a low risk and are not direct ingredients in the products.
- All other non-nut based snacks and food stuff.

### **Staff will be 'nut aware' in the following ways**

- Ensuring that school baking sessions use ingredients that do not contain nuts.
- Being vigilant when using boxes as part of craft activities e.g. not using cereal boxes or containers that may be contaminated with nuts
- Food checked, in collaboration with parents, at occasions such as Children in Need etc.