

Important Allergy Information - Please Read Carefully

Why This Matters

We have children in our care who live with severe nut and sesame allergies, including reactions triggered by touch as well as ingestion. This means that even trace amounts of nuts or sesame - on hands, surfaces, or shared items - can cause a serious allergic reaction. These allergies are not just dietary preferences – they are life-threatening medical conditions. A child could experience anaphylaxis simply by touching a contaminated surface.

What We Ask of You

- Do not send any food containing nuts or sesame nut-based spreads.
- Check labels carefully before packing snacks or lunches.
- Avoid nut-based lotions or products that may be used on your child before attending.
- Inform us immediately if your child has eaten or come into contact with nuts or sesame before arriving.

Our Commitment

We are committed to creating a safe and inclusive environment for all children. Your cooperation helps us protect those with severe allergies and ensures that every child can participate safely and confidently.

Nut- and Sesame-Free Snack Ideas

Fruits & Veggies:

- Fresh fruit (e.g. apples, bananas, grapes, strawberries, melon)
- Dried fruit (e.g. raisins, apricots, mango - check for no added nuts/sesame)
- Fruit cups in juice or water (not syrup)
- Vegetable sticks (e.g. cucumber, carrot, pepper) with hummus (if sesame-free) or cream cheese

Dairy & Alternatives:

- Yogurt tubes or pots (plain or fruit - check for granola/nut toppings)
- Cheese sticks, cubes, or slices
- Rice pudding or custard pots

Grains & Baked Goods:

- Plain rice cakes or corn cakes (check for no sesame toppings)
- Breadsticks or crackers (e.g. Ritz, Jacob's - check labels)
- Mini bagels or wraps with safe fillings (e.g. cheese, ham, jam)
- Homemade muffins or flapjacks made without nuts or sesame

Packaged Snacks (Always Check Labels):

- Popcorn (plain or lightly salted - avoid flavoured or gourmet types)
- Pretzels
- Oat bars or cereal bars labelled 'nut-free'
- Plain biscuits (e.g. Rich Tea, Digestives, Animal biscuits)

Some Common Triggers

- Peanut butter, Nutella, or any nut-based spreads
- Seeded bread (sesame), crackers, or granola
- Trail mix or muesli
- Snack bars with 'may contain nuts/sesame' warnings
- Sesame-based products (e.g. tahini, hummus with sesame)
- 'Pick Up Bars' – they all contain hazelnut flour in the biscuit and are becoming a popular snack choice