



Nut Free Statement



Why are we a Nut Free School?

- ✓ To keep children and adults who are allergic to nuts, safe.

Did you know that adults and children who suffer from nut allergies...?



Can have a severe, potentially **life-threatening allergic reaction**.



Can have a severe reaction by just **being touched** on the skin by someone who has eaten nuts.



Can have a severe reaction by just **smelling the breath of someone** who has eaten nuts.



Below are some examples of foods to avoid when making your child's packed lunch...

✗ Peanut butter	✗ Chocolate spreads
✗ Some granola bars	✗ Cereal bars
✗ Biscuits/cookies that contain nuts	✗ Cakes that contain nuts
✗ Peanut butter cakes	✗ Sauces that contain nuts, e.g. satay sauce

*This list does **not** include all foods that contain nuts, so **please check the packaging of products carefully.***