**Inspiring Learning Creating Opportunities Thriving Together**



**Nut Free Policy**

# Nut-Free Policy

Parents must notify staff if their child has any known or suspected allergy to nuts and provide all medical and necessary information. This will be added to your child’s file and if necessary, a meeting organised with school staff.

The most serious risk to young people with allergies comes from nuts, which can cause severe, life-threatening ‘anaphylactic’ reactions within seconds to those with a severe allergy.

# Our ‘Nut Free Policy’ means that the following items should not be brought into school:

* Packs of nuts
* Peanut butter or Nutella sandwiches
* Fruit and cereal bars that contain nuts
* Sesame seed rolls (young people allergic to nuts may also have a severe reaction to sesame)
* Hummus or houmous as it contains tahini which is made from sesame
* Pesto which contains nuts
* Cakes made with nuts
* Self-serve pastries covered in almonds – for example almond croissants
* Any home-cooked meals for packed lunches that are made from nuts
* Any shared food for after-school events with nuts or nut oils

Our suppliers provide us with nut-free products. However, we cannot guarantee complete freedom from nut traces.

The school requests that pupils, staff, parents/carers and visitors observe the nut-free policy and therefore do not include nuts, or any traces of nuts, in items brought to school.

**What types of food are nuts:**

* **Almonds**
* **Cashew nuts**
* **Hazelnuts**
* **Pistachios**
* **Walnuts**
* **Brazil nuts**
* **Nut oils**
* **Peanuts**

All product packaging must be checked for warnings directed at nut allergy sufferers and if the following or similar are displayed, the product must not be used in school. Packaging must be checked for:

* **Not suitable for nut allergy sufferers**
* **This product contains nuts**
* **This product may contain traces of nuts**

**Further Information:**

Allergy UK: <https://www.allergyuk.org/living-with-an-allergy/at-school/>

Anaphylaxis campaign: <https://www.anaphylaxis.org.uk/>