

Newark Primary School
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Dear Newark Families,

I am writing to provide a gentle reminder that Newark is an **Allergy Aware Zone**. We have children with severe allergies and would require medical assistance should they come in to contact with nuts.

Please bear this in mind when choosing snacks and making packed lunches. Sometimes the nuts may not be obvious. The best way to determine if foods are allergy-free snacks is to read the label since most brands have a warning statement or allergen list. Be aware of phrases like this:

"May Contain Peanut or Tree Nuts"

"Processed on shared equipment with Peanuts or Tree Nuts"

"Manufactured in a plant with Peanut or Tree Nuts"

"Contains Peanut or Tree Nut Ingredients"

You may even notice that some brands get very specific and list the type of tree nut. For example: **"May Contain Almonds"**.

Things we will not allow to be eaten include:

- Kinder Bueno bars
- Nutella spread
- Some chocolate dips
- Peanut butter & jam sandwiches
- Some cereal bars with nuts

If your child brings one of these by mistake, we cannot allow them to eat them, **but we will offer them an alternative**.

We are a health promoting school, so some snacks that would be a better option are:

- ✓ Popcorn
- ✓ Fruit
- ✓ Yogurt tubes
- ✓ Carrot sticks/ sugar snap peas/ cucumber sticks etc
- ✓ Crackers/rice cakes/pretzels
- ✓ Cheese sticks
- ✓ Raisins/ dried fruits

Thank you for your assistance with this matter. I know we all want to keep our children safe.

Kind Regards,

Lauren O'Hagan
Head Teacher

