

ANAPHYLAXIS

Your child's health and safety is of utmost importance to us. At Our Lady of Lourdes School we have several students who have allergies to foods, which with exposure could place their lives at risk.

Some of our students in the Primary area have a serious allergy to nuts and shellfish. Exposure to these allergens could cause an anaphylactic reaction. Parents need to be aware that we are NOT dealing with a mild allergy that will result in some discomfort and a rash. **WE HAVE STUDENTS WHO ARE HIGHLY ANAPHYLACTIC AND EXPOSURE TO NUTS OR SHELLFISH WILL BE LIFE-THREATENING AND NECESSITATE EMERGENCY TREATMENT AND HOSPITALISATION.**

Exposure to nuts and shellfish pose the most serious risk and so are NOT PERMITTED in the school area. Nuts are included in many processed products. Examples are muesli bars, some chocolate bars, some biscuits, and foods cooked in peanut oil, but there are many more. Shellfish include crab, crayfish, oysters, mussels, and prawns and may be included in foods such as fried rice products (as shrimps/prawns). Please read labels very carefully and DO NOT SEND YOUR CHILD TO SCHOOL WITH ANY PRODUCT THAT STATES IT CONTAINS NUTS OR SHELLFISH (LABELLED CRUSTACEA).

In addition to this, some products are labelled with "May contain traces of nuts and/or crustacea", or "Processed on equipment that also processes nuts and/or crustacea". These products are also a risk for an anaphylactic child, but possibly not as immediate or extreme as direct exposure. Ongoing exposure however, can lead to a child becoming more sensitive to these foods over time. Examples of such labelling for nuts include "Tiny Teddies" and most other biscuits, most chocolate products, "LCM" bars and some yoghurt products. Shellfish, labelled, as "crustacea" are included on some brands of rice crackers. We PREFER you look for alternatives to foods labelled in this way, which we understand is difficult. Even the content of a product can vary across different brands, **SO IT IS IMPERATIVE THAT LABELS ARE READ CAREFULLY.**

It is important that we are all working as a team to ensure the welfare of our students. Attached is a GUIDLINE of products that are not permitted, are best avoided and are mostly safe. **AS PRODUCTS VARY BETWEEN BRANDS AND AT TIMES A SINGLE PRODUCT MAY HAVE ITS CONTENTS CHANGED, THIS IS A GUIDLINE ONLY AND ALL LABELS MUST BE THOROUGHLY READ.**

AS A GUIDE ONLY THE FOLLOWING PRODUCTS:

ARE NOT PERMITTED

Peanut Butter/ Peanut Paste
Peanuts and other nuts
Nutella
Muesli bars (most contain nuts)
Fruit and nut mixes
Chocolate containing nuts (Picnic, Snickers, Peanut M&Ms)
'Chinese' foods and other foods cooked in peanut oil
shellfish, including crab, crayfish, oysters, mussels
dried fruit packets, that include nuts
cereals that include nuts
Satay sauced products
Carrot cake and other cakes with crushed nuts
Marzipan
Christmas cake and pudding
Nougat

ARE BEST AVOIDED (These are examples of a few items only - a full list is very extensive, please read labels)

"May contain traces of nuts"
"Processed on equipment that also processes nuts and/or crustacea"
'Tiny Teddies' and most biscuits
most chocolate products
rice crackers – check different brands
commercially produced pizza – due to cross contamination from other items
some bread products
some yoghurt products – especially those that include muesli
'dessert' style snack packs – check brands
'Kellogs' LCM bars
'Hot Shots' brand 'Scooby Doo Cookie Snacks'
'Mainland' brand 'Munchables' snack pack
some canned fruit state 'may contain traces of nuts' (and have been found to do so)
'Hundreds and Thousands' – checks brand

ARE MOSTLY NUT FREE – BUT ALWAYS CHECK LABELS

Fruit
Vegetables
Sandwiches (check label on bread) with meat or salad fillings
Quiche – home made
Rice cakes – check label
"Eskal" brand "FreeNut Butter" – a nut free alternative to peanut butter available in health food stores and health food aisle of some supermarkets.
"Sweet William" brand "Chocolate Spread" - a nut free alternative to 'Nutella' available in health food stores and health food aisle of some supermarkets.

Salads

Vegetable sticks with dips (nut free)

Dried or preserved fruit – check label if not home processed.

Some yoghurts

“Ajitas” Vege chips

“Yoplait” brand ‘le rice’ dessert snacks

“Sun Valley” brand ‘true fruit’ bars

“Kids Care” brand ‘Rice wheels’

“Heinz” brand ‘Little Kids Bikkies’

“Heinz” brand ‘Little Kids mini rice cakes’

Pikelets – home made or “Golden” brand

“Dairy bites snackabouts”

“Goulburn Valley” diced fruit packs

“Devondale” brand ‘Cheese shapes’ and other ‘nut free’ labelled cheeses

‘Vegemite’