



(U1L14R7) Teachers Notes: Food Allergies

Food allergies

Food allergies can also cause serious health problems to your child and their schoolmates.

In order to help avoid food allergy issues parents and care givers should:

- Advise their family doctor, the school or early childhood setting, teacher and class of their child's food allergies and work with them to develop a management plan.
- A management plan may include an agreement to limit common food allergens such as nuts, egg or wheat in the lunchboxes of all children.
- The school or early childhood setting will notify other parents or carers if certain food or items need to be kept away from children and limited in the lunchbox.

What could we include in an allergy friendly lunchbox?

Some examples of foods to put in an allergy friendly lunchbox include:

- Fresh fruit and vegetable sticks with hummus
- Soy dairy products
- Gluten free wraps and bread with lean meat and salad
- Sunflower seeds

***Always read food labels*

What to avoid packing in lunchbox?

Food allergies are immune reactions to the protein parts of individual foods. The most common foods that can cause allergies (allergens) are: peanut and other nuts; egg; milk; fish; sesame; wheat; and soy. <http://www.healthykids.nsw.gov.au/parents-carers/nutrition/allergies.aspx>

Generally try to avoid the above foods, e.g. nuts, peanut butter (each school will have varying allergy policies)

Educate children about the importance of NOT SHARING the food they bring in their lunchbox with friends.

