

4 July 2022

Dear Parent or Carer,

**RE: Nut-based products in Food and Nutrition**

You will recently have received a letter asking that no food products containing nuts are brought onto the school site.

We have a number of students and staff in our school who suffer from nut and peanut allergies. Foods that contain nuts and peanut products, even in trace amounts, can for some of our students result in a severe allergic reaction (anaphylaxis) which can be fatal. Anaphylaxis can occur as a result of ingestion, inhalation and physical contact of nut and peanut based products.

We would like to request that ingredients brought into school for Food and Nutrition lessons are also checked carefully for nut content.

Ingredients containing nuts, that may easily be missed include:

- Nut based flours
- Spreads such as Nutella, and peanut and other nut butters
- Some cereals
- Pesto
- Nut oils
- Some sauces/marinades
- Some salad dressings
- Marzipan

Should ingredients containing nuts be brought into school accidentally we have procedures in place to ensure risk is reduced as much as possible. Please be aware that these procedures include the removal of relevant ingredients in some circumstances.

Many thanks for your continued support.

Yours faithfully,



Mrs R Knight  
Head of Design and Technology