



Casuarina Street Primary School

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NUT MINIMISATION POLICY

Nut Minimisation Information

Due to a severe life threatening allergy (ANAPHYLAXIS) that affects some children when nuts are consumed, we have a NUT MINIMISATION POLICY at Casuarina Street Primary School.

Most life-threatening reactions occur when nuts are eaten. Serious reactions can also occur from skin contact, eye contact and inhalation of nut particles.

Young children eat with their whole bodies. They tend to wipe their food on clothing, equipment and toys. Please help us provide a safe environment and prevent unnecessary illness and emergencies by keeping to our "Nut Minimisation Policy".

Nut Minimisation Policy

- No peanuts or tree nuts.
- No 'nut spreads' such as peanut butter, nuttella, hazelnut and cashew butters.
- No products containing nuts in their ingredient lists such as satay sauce, nougat, and certain muesli bars, chocolates, cakes, biscuits and ice creams.
- No 'nut oils' such as peanut oil or arachis oil.

Q. What about foods that state "may contain traces of nuts"? Foods which 'may contain traces of nuts' should be safe for NON-ALLERGIC children to eat at school. They cannot be eaten by the allergic child. To reduce the risk, children are encouraged not to share their lunches.

Q. What about birthday cakes? Be aware of the ingredients used in birthday cakes. Peanuts and almond flakes are often used as toppings. Marzipan contains nuts.

Q. When can my child eat nuts? At any time other than while at school. Bringing nuts may put other students at risk. Please do your best to ensure you do not send foods containing nuts to school. Please remind your child to wipe/wash their hands and mouth if they have eaten nuts (especially peanut butter) before coming to school.

Q. Where can I get more information? Please speak to the teacher or the Principal if you have any concerns. Further information on anaphylaxis can be obtained from www.allergy.org.au or www.allergyfacts.org.au.

Food allergies and learning information

- <http://fedup.com.au/>
- http://www.rch.org.au/kidsinfo/fact_sheets/Fish_oils_what_the_research_says/