



St Patrick's Special School

(A Division of Catholic Special Schools Incorporated)

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ALLERGY AWARE – 2019

Nut Allergy

Catholic Special Schools are 'Nut Aware' to protect those of our students who are in danger of an anaphylactic reaction due to nut allergies.

The following foods may contain nuts and should be checked before being brought to school:

Baked goods	Biscuits	Cereals
Asian food	Crackers	Egg rolls
Ice creams	Health bars	Indonesian dishes
Kebabs	Marzipan	Mixed nuts
Pastries	Peanut oil	"Natural" flavourings
Peanut butter	Sweets	Spaghetti sauces
Soups	Thai dishes	Vegetable fats and oils
Pesto	Arachnis oil	Bouillon / Worcestershire sauce
Nougat	Chocolates	Hydrolyzed vegetable protein
Muesli and fruited breakfast cereals. Ingredients need to be checked on all breakfast cereals.	Vegetarian dishes	Animal and bird feeds (contain seeds)
Cosmetics, moisturisers, massage oils (nut oils) containing Loramine Wax and Peanutamide (alterative names for peanut)	Lotions, shampoos & creams, toothpaste, cosmetics, sunscreens	Promethium (progesterone cream derived from peanuts)

To reduce the risk of a student having an anaphylactic attack:

- Any foods that contain nuts are **not to be included in any student's food intake whilst at school.**

Please note: If a student has products containing nuts prior to coming to school please assist by washing his/her hands/face before leaving home.

White Fish & Sesame Allergies

Please note that we have students at the school with other severe allergies including **SEVERE allergy to SESAME, sesame products, and WHITE FISH** such as whiting, garfish, snapper, etc. (This does not include salmon or tuna.) We request that parents advise their class teacher if their child has any of these products in their recess or lunch to minimise any exposure.