

## **FSCS Guidelines for Nuts & Allergens**

### **FSCS Events held on school premises – During School day:**

- No nuts allowed at these events
- No home made food served
- All food and drink served must arrive in original packaging
- First Aid staff with relevant training present
- Be aware of current allergies within school

### **FSCS Events held on school premises – Out of School hours:**

- Nuts & Allergens clearly labelled
- Food disclaimer displayed
- First Aid staff with relevant training present
- Separate serving area and equipment for food with allergens
- Strict cleaning of tables and equipment after event

### **FSCS Events held elsewhere in parish:**

- Nuts & Allergens clearly labelled
- Food disclaimer displayed
- First Aid staff with relevant training present
- Separate serving area and equipment for food with allergens
- Strict cleaning of tables and equipment after event

### **FSCS Bake Sales:**

- When advertising for donations ask bakers to think carefully about ingredients and to be prepared to label potential allergens
- Draw attention to flour substitutes such as ground almonds being nut based
- Hold any bake sales during school hours in the parish hall to avoid risk of contaminating lunch hall
- Display disclaimer at all times, we do not take liability for allergic reactions
- Make sure Nuts & Allergens are clearly labelled
- First Aid staff with relevant training present
- Separate serving area and equipment for food with allergens
- Strict cleaning of tables and equipment after event

**List of common allergens to be aware of** - Foods that need to be labelled on pre-packed foods when used as ingredients are:

- Cereals containing gluten, namely: wheat (such as spelt and Khorasan wheat), rye, barley, oats
- Crustaceans for example prawns, crabs, lobster, crayfish
- Eggs
- Fish
- Peanuts
- Soybeans
- Milk
- Nuts; namely almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia (or Queensland) nuts
- Celery (including celeriac)
- Mustard
- Sesame
- Sulphur dioxide/sulphites, where added and at a level above 10mg/kg in the finished product. This can be used as a preservative in dried fruit
- Lupin which includes lupin seeds and flour and can be found in types of bread, pastries and pasta
- Molluscs like clams, mussels, whelks, oysters, snails and squid

**Other useful resources:**

**Food Standards Agency**

<http://allergytraining.food.gov.uk/english/food-allergy-facts.aspx>

**NHS Food Allergies**

<https://www.nhs.uk/conditions/food-allergy/>

**Allergy Uk**

<https://www.allergyuk.org/information-and-advice/conditions-and-symptoms/36-types-of-food-allergy>

**British Dietetic Association**

<https://www.bda.uk.com/foodfacts/Allergy.pdf>