

Allergen Information for foods used in the Early Childhood Department

As part of our daily routine in the early childhood department, we prepare food together which we eat later in the morning for our snack. Under the Food Information Regulations (2014) we have a duty to make parents aware of any possible allergens that may be present in the foods that we prepare and eat together. These may include:

- Celery and Celeriac – this includes celery stalks, leaves and seeds
- Cereals containing gluten – spelt, rye, barley and oats
- Eggs – occasionally used in cakes for birthdays or festivals
- Dairy products – butter and occasionally cream
- Nuts and seeds – we do not tend to use nuts, but we do eat sunflower and pumpkin seeds. We occasionally use almonds for festive baking
- Soya – tamari

The other 8 major allergen groups that some people may be sensitive to are: Crustaceans, fish, lupin, molluscs, mustard, peanuts, sesame seeds and sulphur dioxide. We don't use any of these in our foods.

If your child is allergic to any of the above foods it is important that you let your teacher know at the beginning of the school year/as soon as possible.

Whenever food is brought in to share at occasions such as festivals, we ask that you always label the food you bring clearly with ingredients and possible allergens.

Date of guidance: July 2015 – Kirstie Swanborough
Reviewed: June 2017 – Anja Toddington
Next review due: June 2019