



"Where learning and play
come hand in hand"

Charity Number:
1020795

Tickton Pre-school and Play Pals,

Main Street Tickton,

Tickton,

Nr Beverley,

HU17 9RZ.

Manager: Helen Turner BA(HONS), EYT, PGCE.

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Allergens.

Dear parents and carers,

'Government Food Standards Agency' legislation requires our setting to consult with all parents regarding food allergens, and the labelling of the food that we serve within our setting; at breakfast, snack times and during any of our other activities involving food.

It is vitally important, as I am sure you are aware, that you inform us of any allergies to food your child may suffer from. Please ensure that you speak to us about any ongoing concerns you have, and ensure we have all up to date information regarding allergies your child may have.

All foods Tickton Pre-school and Play Pals provided to children, are checked, as far as practicable, to ensure they are not provided to children with a specific allergies – we endeavor to ensure that we provide safe alternatives.

We cannot guarantee that the general food products we serve (as listed on our snack and breakfast list) are 100% free from the below listed allergens – however if your child does suffers from any allergy we are more than happy to buy product replacements which are free from the particular allergen of concern (for example 'free-from' products) - so your child can enjoy an inclusive and varied snack time.

Our food and nutrition coordinator is Sharon Haysom. Sharon is happy to speak to you at any time regarding food concerns or allergens your child may have, and will happily sign post you to any further advice you may require. Our 'allergens booklet' in the welcome area lists all foods we provide as a setting and lists the allergens that may be attached to the food products.

If you require any further guidance regarding allergens we recommend the following websites:

www.nhs.uk/conditions/food-allergy

www.food.gov.uk

www.allergyuk.org

A food allergy is when the body's immune system reacts unusually to specific foods:

Allergic reactions are often mild, but they can sometimes be very serious. In young children, common food allergies include milk and eggs. In adults, allergies to fruit and vegetables are more common. Nut allergies, including peanuts, are relatively common in both school-age children and adults. Symptoms of a food allergy can affect different areas of the body at the same time. Some common symptoms include:

- An itchy sensation inside the mouth, throat or ears.
- A raised itchy red rash.
- Swelling of the face, around the eyes, lips, tongue and roof of the mouth.
- Vomiting.

The 14 allergens are:

Eggs, Milk, Fish, Crustaceans (for example crab, lobster, crayfish, shrimp, prawn), **Molluscs** (for example mussels, oysters, squid), **Peanuts, Tree nuts** (almonds, hazelnuts, walnuts, cashews, pecans, brazils, pistachios, macadamia nuts or Queensland nuts), **Sesame seeds, Cereals containing gluten** (wheat - such as spelt, Khorasan wheat/Kamut, rye, barley, oats, or their hybridised strains), **Soya, Celery and celeriac, Mustard, Lupin** (flour, seeds, pastries, pasta, bread), **Sulphur dioxide and sulphites** (at concentration of more than ten parts per million).

N.B.

If parents/carers bring in any food products to pre-school that are to be shared with other children, for example a birthday cake, please could you leave it in the box/wrapper so that allergens can be recorded appropriately. Thank you.

If your child is allergic to any food type or you are in any doubt, please speak to a member of staff. All information provided is confidential.