

Natasha's Law

Almost 1 in 5 people in the UK suffer from an allergy and approximately 10 people die each year from food-induced anaphylaxis.

Schools are now required to list all ingredients and allergens on the labels of any food made on site – such as snacks, sandwiches, wraps, salad pots, cakes, etc. that are pre-packaged before consumption.















This does not apply to primary school lunches that are served to children however, if your child is going on a school trip and requires a free school meal packed lunch it must be pre-ordered and labelled in advance as food cannot be made up on the day.

An Allergen Chart is displayed on our website together with the current school dinner menu. Any special menu days will also have this information displayed on our website.

School and Catering staff are aware of the pupils that currently have food allergies, however it is the responsibility of parents to ensure we are updated with any changes or new allergies.

We are aware that some parents like to bring in bags of sweets for their child to give out on their birthday, however unless the **individual** packets have ingredients and allergens listed on each packet, we are now unable to distribute these to pupils. This includes pre-wrapped items such as *Haribos* and *Celebrations/Heroes* as the information is only displayed on the exterior packaging that cannot be given to each and every child.

There are 14 allergens that must be declared by law - this includes the following:

	Cereals containing gluten and wheat, e.g. spelt, rye and barley	Foods containing flour, some baking powders, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups, foods dusted with flour.
	Crustaceans, e.g. crabs, prawns, lobsters	Includes Scampi and shrimp paste used in Thai curries or salads
	Tree nuts, including almonds, hazelnuts, walnuts, cashews, pecan nuts, brazil nuts and pistachio nuts.	Found in breads, biscuits, crackers, desserts, ice cream, marzipan (almond paste), nut oils and sauces. almonds are often used in Asian dishes
	Peanuts	Can be found in biscuits, cakes, curries, desserts and sauces such as for satay. It is also found in groundnut oil and peanut flour.
	Celery	Includes celery stalks, leaves and seeds and celeriac. Often found in celery salt, salads, some meat products, soups and stock cubes.
	Eggs	Cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and egg brushed/glazed foods.
	Fish	Fish sauces, pizzas, relishes, salad dressings, stock cubes & Worcestershire sauce
	Lupin	Includes lupin seeds and flour, and can be found in some types of bread, pastries and pasta.
	Milk	Includes butter, cheese, cream, milk powders & yoghurt. Often used in foods glazed with milk, powdered soups & sauces.
	Molluscs e.g. mussels, oysters, squid, snails, whelks	Often found in oyster sauce or as an ingredient in fish stews.
	Mustard	Found in breads, curries, marinades, meat products, salad dressing, sauces and soups.
	Sesame Seeds	Found in bread, breadsticks, houmous, sesame oil and tahini (sesame paste)
	Soybeans	Used in some desserts, ice cream, meat products, sauces and vegetarian products.
	Sulphur Dioxide and sulphites	Used as a preservative in dried fruit, meat products, soft drinks and vegetables