

What foods can I send to school?

Lunch

- Sandwiches / Pita Bread with honey, jam or vegemite
- Sandwiches / Pita Bread with cheese, deli meats, chicken or salad items
- Salads
- Rice cakes, Saladas, Vita Weets

Snacks

- Fruit
- Pikelets
- Scones
- Muffins
- Vegetable sticks
- Savoury biscuits
- Popcorn
- Nut free biscuits
- Salads

* Food items with “may contain traces of nuts” disclaimer can be consumed at school

What foods can't I send to school?

- Nuts
- Shellfish
- Peanut butter sandwiches or dippers
- Nutella sandwiches or dippers
- Muesli bars with nuts or nut based products in them
- Cakes or chocolate bars with nuts on or in them
- Satay or shellfish flavoured noodles, meat or products
- Chocolate coated nuts

Camden Public School

ANAPHYLAXIS & FOOD



Information for Parents

What is Anaphylaxis?

Anaphylaxis is a dramatic, often immediate and potentially life threatening reaction to allergens.

The only effective treatment available to prevent life threatening reactions is avoidance. If an affected child is exposed to an allergen that causes anaphylaxis, the child may need an immediate injection of adrenaline. Adrenaline is administered in the form of an EpiPen, which is available for use at school.

What causes Anaphylaxis?

There are many allergens that cause anaphylaxis. The most common ones in childhood are nuts, dairy products, seafood and sesame seeds. The smell or contact with these allergens is enough to cause hives, stomach aches and diarrhoea, swelling of the lips, breathing difficulties and can potentially lead to an anaphylactic reaction.

There is no known reason why anaphylaxis is becoming so prevalent and there is no known cure.

What can we do to be an inclusive school community?

There are a few things we as staff, parents and children can do at Camden Public School:

- Abstain from bringing nuts, shellfish or nut based and shellfish based products to school. This will ensure that exposure or reaction at school should be an extremely rare occurrence;
- Encourage understanding and educate our children about the importance of not bringing these products to school;
- Encourage our children not to share food at school. This could have life threatening consequences for the anaphylactic child;
- Encourage our children to wash their face and hands prior to coming to school and before and after eating when at school.

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Frequently Asked Questions

Why can't nuts, shellfish or nut based / shellfish based products be sent to school?

To some children these are potentially life threatening products. Nut residue is like an invisible sticky film which remains on products after many washes. Children share tables, seats, taps, pencils, toilets and bubblers at school and the residue can be spread without child to child contact.

Are products labelled "may contain traces of nuts" OK?

Yes these are fine for the child who is not anaphylactic. Children with anaphylaxis must not consume these products and there is minimal risk for them if other children do.

What should I do if I am unsure about products?

Speak to the school to confirm the suitability of the products.

What do I do if my child only eats peanut butter or nutella sandwiches?

Speak to the principal or the class teacher. Please consider though that the anaphylactic child does not have an option, your child might.