



WE NEED YOUR ASSISTANCE!!

Dear Parents,

Auburn North Public School is a *nut free school*.

Peanut allergy is the second most common food allergy in children and this is increasing. It now occurs in 1 in 50 children.

We are aware that many students in our school have a nut allergy. Those students, if they come in contact with a nut product, can suffer life threatening consequences. It can be easily contracted from a simple handshake or touching of a student's table who may have had some nuts in their food.

We ask that you *do not* provide the following foods in your child's lunch box:

- X Peanut butter
- X Nutella
- X Chocolates
- X Museli bars
- X Baklava
- X Egg sandwiches or egg rolls or eggs
- X Any nuts
- X Nougat
- X Biscuits
- X Turkish Delight
- X Cakes

No products that have written on them '*May contain traces of nuts*'.

What can you put in your child's lunchbox that is nut free?

- Vegemite sandwiches
- Cheese sandwiches
- Dried fruit
- Yoghurt
- Cheese sticks
- Chopped or tinned fruit
- Fruit strips
- Check all biscuit labels and if you are not sure please leave it out.
- Any bread based foods

Your child's teacher will be checking their lunch daily. Our school canteen has also adopted this policy.

If your child has a nut allergy could you please inform the school and their teacher as soon as possible so that we can ensure your child does not come into contact with any triggers.

Please help us in providing a nut free school and assisting those parents who have children who may have a life threatening reaction.

Mark Harris
Principal

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