

Allergy Aware Food Preparation and Sharing at School Events Community Guidelines

As an “allergy aware school”, West Coast Steiner School is committed to providing a supportive and inclusive environment where children at risk of severe allergies and anaphylaxis can participate safely in all aspects of school life. We are likely to have students in our School, in any given year, who experience anaphylactic reactions if exposed to allergens. The sensitivity is such that these children may experience a reaction just from touching the hands of another person who has eaten foods containing these allergens. We are also likely to have students who have an intolerance to certain food types, which when consumed, can make them very unwell.

In keeping with the Australian Society for Clinical Immunology and Allergy (ASCI) recommendations and our School’s Allergy and Anaphylaxis Management Policy, we ask our community to assist us with keeping all our children as safe as possible, by adhering to the following guidelines when preparing food at School or bringing food into the School grounds for community events. We acknowledge that it is not possible to entirely eliminate the risk of a reaction, but we can work together to minimise risk by;

Providing food options that are:

- Nut free
- Sesame free
- Gluten free
- Soy free
- Dairy aware (a small amount of dairy contained with baked food but not the main ingredient)

And offering vegetarian and vegan alternatives.

Including recipes for dishes that list the ingredients and are clearly labelled:

Recipe Name	
<i>This recipe is</i>	<i>Yes/No</i>
Nut free	
Sesame free	
Gluten free	
Soy free	
Dairy aware	
Vegan (no eggs or honey)	
Refined sugar free	

Following food handling and hygiene procedures:

- thoroughly wash hands before and after handling foods that are known to be highly allergenic
- use new gloves when handling foods that are known to be highly allergenic
- use different utensils and equipment for preparing highly allergenic foods
- wash contaminated kitchen utensils in hot soapy water or in the dishwasher.
- Use hot soapy disposable paper towels to wipe surfaces, i.e. do not use a dishcloth.
- Avoid cross contamination. Take care not to contaminate butter and other spreads.

Where families bring their own food to an event, such as a picnic, we ask that you are allergy aware and that the food you bring is;

- Nut free
- Sesame free
- Dairy aware - a small amount of dairy contained within baked food is acceptable but foods such as cheese, butter, cheesecake, chocolate, yoghurt and dairy frosting are not acceptable. This limitation is to prevent dairy being transferred through touch. Alternatives which may be helpful for your picnic planning are Nuttalex to replace butter, oat or coconut milk to replace milk and coconut yoghurt.

Please try to avoid sharing food with other families and encourage your family members to wash hands before and after eating. Hand washing stations will be set up at community events.