



Middleham CE VA Primary School
 Park Lane
 Middleham
 North Yorkshire
 DL8 4QX

Phone: 01969 623592
 Email: admin@middleham.n-yorks.sch.uk
 Headteacher – Mrs R Sykes

Dear Parents

19th September 2016

Allergen Information

New guidelines have been given to the school kitchens about the 'Food Information Regulations – 13th December 2014' regarding Allergens. Food Allergies can be life threatening and the only way people can manage a food allergy is to avoid foods that make them ill.

Allergic reactions are an immunological response to a food. You can become intolerant to specific food. Six to eight percent of children have a proven food allergy, allergy sufferer's increase by 5% each year and ten die each year.

Please complete the slip below which lists the 14 current specific allergens and return to the school office by **Monday 26th September 2016**. If you tick any box we will arrange a meeting between you and our school cook to discuss an action plan with you.

Yours sincerely

Mrs Rowena Sykes
 Headteacher

.....✂.....

Childs Name:

- My child has NO allergies
- My child is allergic to the following:-

Allergen	Please tick if allergic
1. Cereals containing wheat, rye, barley, oats, spelt or Khorasan.	
2. Crustaceans – prawns, crabs, lobster, crayfish etc.	
3. Fish	
4. Eggs	
5. Mustard	
6. Milk, including lactose	
7. Celery, including celeriac	
8. Soybeans	
9. Peanuts	
10. Nuts such as almonds, hazelnuts, walnuts, cashews, pecan, Brazil, macadamia, queensland or pistachio.	
11. Sesame	
12. Lupin	
13. Sulphur dioxide or sulphites (often found in dried fruit)	
14. Mollusc, clams, scallops, mussels, whelks, oysters, snails and squid.	
15. Other (please give details)	

Signed: Parent/Carer

