**Important  - Packed lunch reminder**

A reminder to all parents all packed lunches must be **NUT FREE**, we have a child at school that is severely allergic to SESAME, ALL NUTS and PINE NUTS we ask that you are thorough in checking all ingredients on packets.

If this child were to come in contact with these allergens either on their SKIN or INGESTS them it is extremely likely they will have a severe anaphylactic reaction.

 **The list includes foods such as**

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| * Sesame: Houmous, Tahini, breads, crackers with sesame seeds or sesame oil
* Peanuts and Tree nuts: Cereals, cakes, chocolates, energy bars, nut butters, nutella, nut milks
* Pine Nuts: Pesto, pre-packaged pizza, pasta, pies, salads
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