



Molluscs



gluten



Mustard

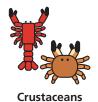
Supported by





From 13 December, your school catering team will need to provide information about 14 allergenic ingredients (see the allergens on the left) used in the foods that are sold by them or provided within the school.

Need food allergen information?









Eggs

Peanuts





Sesame seeds





Lupin

Milk

Sulphur dioxide

Food allergens can be life threatening. If you have a food allergy, the only way you can manage it is to avoid the foods that make you ill.

Food allergens cannot be removed by

sure the food you eat is safe for you.

cooking. That's why it's essential to check

and ask for allergen information, to make

Please speak to a member of your school catering team if you need information about the allergens in your food.

You can find out more at www.food.gov.uk/allergy