

South London Dance School

NUT PRODUCTS POLICY

We are a NUT FREE environment so please read below for clarification about our nut policy which applies in all areas of the building:

- **Foods that contain nuts (which will be clearly stated in the allergens list) are NOT permitted.**
- **Foods which MAY contain nuts (which may not be stated in the allergens list) are NOT permitted.**
- Food which is made in an environment / factory which handles nuts IS permitted (packaging might say something like, 'not suitable for people with nut allergies due to manufacturing methods')
- **Coconut is also NOT permitted because many nut allergy sufferers are also allergic to coconut.**

Please remember that **hummus, pesto and tahini** all contain nuts as do many cereal bars, seeded biscuits / bread etc and sesame seeds, which are in many of these products, is one of the most dangerous allergens.

Nut butter is of course also, not permitted.

In the past, children have brought in the following snacks which have not been permitted because the label states that they MAY contain nuts:

- **Organix cereal bars**
- **Biscuit Belvita breakfast bars**
- **Nature Valley bars**

If you are sending your child with a snack from a multipack and the ingredients or allergens are not listed on the individual item they bring, then please be even more careful to check the ingredients yourself.

If food has to be confiscated from a child (because it is a listed product or because the label states per points above) then, if possible, we will telephone the parent / carer to give them the opportunity to bring in an alternative snack for their child.