

South London Dance School

FOOD ALLERGENS POLICY updated 24082025

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.**
- **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.

If you are sending your child with a homemade item or a snack from a multipack and the ingredients or allergens are not listed on the individual item that they bring, then please stick on a label to inform us that the item does not contain nuts or coconut.

If food has to be confiscated from a child (either because there is no label or the label states that it contains nuts or coconut) then, if possible, we will telephone the parent / carer to give them the opportunity to bring in an alternative snack for their child.

Please note that from August 2025, foods for which packaging states 'MAY contain nuts' and foods which state are 'made in an environment / factory which handles nuts', or 'not suitable for people with nut allergies due to manufacturing methods') ARE now permitted.

Our approach in supervised breaks is that students are asked not to share food. If your child has any food allergy then we recommend you remind them about the importance of this approach.