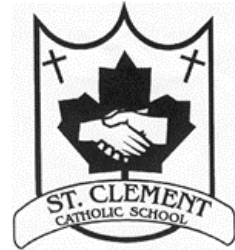




St. Clement Catholic School



Dear Parents,

As we begin a new school year we would like to inform you that St. Clement School is an **allergen aware** school. There are children in attendance who suffer from **severe and life threatening** allergies to certain foods, such as peanut and nut products. Exposure to the smallest quantities can cause severe life threatening reactions. Anaphylaxis is a severe and life threatening allergic reaction. The most common allergen triggers are food, insect stings, medications, exercise and latex. An anaphylactic reaction involves symptoms from two or more body systems.

We at St. Clement would appreciate the co-operation of the entire school community in **NOT** sending any lunches or snacks that contain peanuts or nuts, which could potentially harm a child. Please make sure that all of your children's caregivers are aware of the food restrictions. Please avoid sending food for birthdays or special occasions. There are many alternatives such as stickers and pencils.

If you have any questions please talk to your child's teacher or the school staff.

We look forward to your co-operation in making this a safe year for all our students.

P. Waters-Cotter

*** Please review the list of list of possible food allergens included in this package.

Foods That Can Cause an Anaphylactic Reaction

Any food can cause a reaction in someone. Anyone can be or become anaphylactic to **ANY** food at anytime throughout their lifetime.

The ten most common food allergens are; peanut, tree nut, milk, eggs, wheat, seeds, fish, shellfish, soybean, and sulphite. The following lists are some alternative names that may be found on labels.

PEANUT

Nutmeats
Mandelonas
Arachis oil
Goober nuts/peas
Nu-nuts™
Arachide
Beer nuts
Cacahouete/cachuete
Kernals
Valencias

EGG

Ovalbumin
Ovoglobulin
Albumin
Conalbumin
Lysozyme
Ovomucin
Vitellin/ovovitelin
Livetin
Egg substitutes
Eggnog
Meringue
Ovolactohydrolyze protein

TREENUT

walnut
almonds
brazil nuts
cashews
chestnuts
pecans
hazelnuts
pinenuts
shea nuts
macadamia nuts
Pistachio
hickory nuts
pinion/pignolias

MILK

whey/whey protein
curds
caseinates/casein/sodium caceinate
milk derivatives/fat/protein
modified milk ingredients
lactalbumin/lacto globulin
lactate/lactose
ammonium/calcium/magnesium

WHEAT

couscous
gluten
farina
duram wheat
wheat bran/wheat germ
graham flour
bulgar
semolina
spelt
kamut
atta

SOY

soya/soja/soybeans
hydrolyzed soy protein
soy protein/isolate
beancurd/dofu/kori dofu
soybean curds/tofu
edaname
kinako
miso
kouri dofu
tempeh
yuba

NOTE: These lists may change and are in no way complete.

SHELLFISH

Crab
 Crayfish
 Shrimps
 Prawns
 Lobster
 Snails
 Oysters
 Octopus
 Scallops
 Squid
 Abalone cockle
 Conch/mussels
 Clams

MUSTARD

Mustard seeds
 -white
 -yellow
 -brown
 Mustard powder
 Prepared mustard

FISH

tuna
 bass
 bluefish
 carp
 anchovy
 catfish
 cod
 eel
 flounder
 haddock
 halibut
 herring
 mackerel
 marlin
 perch/pickerel
 salmon
 sardine
 Sole
 snapper
 smelt
 swordfish
 trout
 whitefish
 bream
 Pollack
 Porgy
 tilapia

SESAME SEED

tahini/tachini
 benne/benne seed
 gingelly seeds
 sesamol/sesamolina
 sesamum indicum
 sim sim
 til
 vegetable oil

SULPHITE

(is a preservative added to many foods which causes a chemical reaction.)

sodium dithionite
 sodium metabisulphite
 sodium sulphite
 potassium bisulphite
 potassium metabisulphate
 sodium bisulphite
 sulphur dioxide
 sulphurous acid

NOTE: These lists may change and are in no way complete