

Becoming a Label Reader

- Helps you learn more about the foods you are eating
- Helps you choose suitable commercial products to send with your child to care

Step 1: Read the 'ingredients' list

- Ingredients are listed in order of quantity from largest to smallest
- Food ingredients that can cause some individuals adverse reactions - such as peanuts or other nuts- will be listed on the label, usually in the ingredients list, however small the amount
- Look for warning statements such as *'this product may contain traces of peanuts or tree nuts'*. These products should not be sent to Loxton Preschool Centre

Step 2: Respond to the 'ingredients' list

- **Foods containing nuts or nut products can be consumed at home but should not be sent to the Loxton Preschool Centre in your child's lunch box.**

Action will be taken if inappropriate food is repeatedly sent to the Centre, endangering the life of other children.

What if I suspect my child has a food allergy?

- Contact a dietitian or your local GP
- Inform the Loxton Preschool Centre and obtain a sheet of contact details for specialists etc.

For more information about food allergies and intolerances contact the Dietitians at RRHSI (see below)

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NUT FREE ZONE



In the interests of good health and the establishment of good eating patterns, the Loxton Preschool Centre have a **Food and Nutrition Policy.**

As there are children at the **Loxton Preschool Centre** with a life threatening **Nut Allergy**, it is vital that parents/carers are aware that the centre is a **NUT FREE** environment.

What is a food allergy?

A sudden reaction to a food chemical (protein).

Symptoms of a food allergy include:

- Hives
- Swelling
- Eczema
- Bowel symptoms (diarrhoea, pains)
- Difficulty breathing

A severe allergic reaction can cause swelling of the airways, causing difficulty breathing.

The foods most likely to cause allergies in young Australia children are;

Cow's milk, Soy, Fish and shellfish, Wheat, **peanuts and tree nuts**.

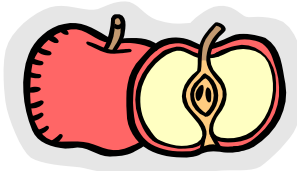
However, there is no need to avoid these foods unless your child has an allergy. They are important contributors to health.

How will the changes to the food policy affect you?

- No nuts or foods containing nuts will be allowed to be consumed at Loxton Preschool Centre (See 'Lunch Box Ideas' pamphlet)
- No nuts or nut products (including shells) will be used in the center's play activities.
- Any inappropriate foods (unacceptable or unsuitable) will **NOT** be offered to your child at meal times (these foods will be sent home).



Many foods contain traces of nuts, therefore it is important for you to become familiar with reading labels (see reverse side of pamphlet).



Unacceptable foods (likely to contain nuts):

- Nuts: all including nut butters and oils
- Nut butters eg. Nuttalex tm, peanut butter, hazelnut spreads ie. Nutella.
- Pre-prepared commercial foods (biscuits, muesli bars, chocolate etc.)
- Any product with the statement 'may contain traces of nuts' should not be sent to the Loxton Preschool Centre.

Foods that should not be brought to Loxton Preschool Centre (unsuitable):

- Sugary sandwich spreads, eg honey, chocolate spread, 100's and 1000's
- Potato chips (high in fat and salt)
- Snack foods eg corn chips, twisties etc (high in fat and sugar)
- Muesli bars (high in sugar)
- Popcorn (high risk food for choking)
- Roll-ups, Fruit metres (high in sugar and stick to teeth)
- Chocolates (high in fat and sugar)
- Biscuits (high in fat and sugar)
- Cakes/buns/pastries (high in fat and sugar) unless modified.

