

ALLERGENS



1. The 9 common allergens are shown above
2. Our recipes do not use peanuts, tree nuts, sesame shellfish, fish or raw eggs.
3. To ensure kids are not exposed to anything they are allergic to, you must check the roster for allergies and check all ingredients you are bringing to the class.
4. If child's allergy can be accommodated with a simple substitute of ingredients - make sure to do that. If you unsure how to handle an allergy - contact us. We are happy to provide an alternative recipe for class if needed.



FOOD SAFETY

FOOD HANDLING

1. Refrigerate all perishable food within 30 minutes after purchase.
2. Maintain proper storage temperatures: 40°F or below for the refrigerator and 0°F for the freezer.
3. To prevent cross-contamination, store fresh produce above meats and ensure that produce does not come into direct contact with raw meats.
4. Regularly inspect food items for signs of mold, rot, or expiration dates. If ingredients are not fresh or have expired, do not use them in the class.
5. Discard cans that are dented, rusted, or swollen, as they may indicate spoilage or contamination.
6. Before opening cans, clean the lids to remove any potential contaminants.
7. Discard any foods that become contaminated with bodily fluids such as saliva.
8. Make sure all foods are cooked thoroughly. Do not serve raw flour or raw, baked goods

NUT FREE



ALLERGY PROCEDURE

We have a strict policy of being a peanut, tree nut-free and sesame free program. Please refrain from bringing any ingredients to the school that contain peanuts, tree nuts, sesame traces of nuts, or have been processed on shared equipment.

INGREDIENT LABELING

1. Before bringing any ingredients to the school, carefully read and check the labels to ensure they are peanut, nut and sesame-free.

ROSTER REVIEW

1. Before each class, review the roster to identify any students with allergies.
2. Confirm the allergies of these students before they attend the class.
3. If you are unable to verify allergies, please contact us for assistance.

CLEANLINESS AND SANITATION

1. Clean and sanitize all surfaces before and after each class to prevent cross-contamination.

ALLERGIC REACTION

MILD ALLERGIC REACTION SYMPTOMS

- Stomach pain, redness of skin and itchiness around mouth and eyes, vomiting, diarrhea, hives and more. It can occur immediately or a few hours later.

ANAPHYLAXIS SYMPTOMS

- Difficulty breathing or wheezing, tightness of throat, airways closing, trouble speaking, swollen lips, tongue, throat, turning blue in color, nausea, vomiting, fast heartbeat, dizziness or loss of consciousness

If a child is having an allergic reaction stay calm, ensure safety of other students, and assess the child's condition and symptoms:

- If mild reaction - inform parents and school and administer antihistamine or inhaler, if instructed by parents or nurse
- **If Anaphylaxis - call 911 immediately.**
 - Stay in contact with emergency personnel until they arrive and follow their instruction
 - Notify school, on duty nurse, parents & us

Sesame and Nut Allergies

Sesame

Sesame is a major allergen that is typically in the form of oil or seeds that are added to food products.

Sesame is considered a seed, but is one of the 9 major allergens.



Nuts

Tree nuts, such as peanuts, are considered a major allergen.

Nuts are used in many food products and may be processed in facilities with other foods.



Both Allergens

May be processed in the same facilities, or may be cross-contaminated through shared equipment and utensils.

Both are two of the 9 major allergens.

Many of the same food products contain or may contain sesame and/or nuts

Foods with Sesame

- Tahini - used to make hummus and dressings
- Middle Eastern and Asian cuisine - sesame oil and seeds are commonly used in these cuisines (ex. falafel, sushi, stir-fry)
- Bread and baked goods - crust of bread or baked goods, like hamburger buns
- Snack foods - sesame may be used in granola bars, crackers, chips, or trail mix.
- Sauces, dressings, or dips
- Desserts - Halva which is a sesame-based Middle Eastern dessert
- Vegetable oil (may contain sesame oil)
- Spices or seasonings

Foods with Tree Nuts

- Nut Butters - peanut butter, almond butter, cashew butter
- Bread and baked goods - may be in cookies, bread, pastries, and other baked goods
- Snack foods - granola bars, trail mix, chocolate bars, cereals
- Sauces, dressings, or dips
- Peanut oil
- Sandwiches
- Desserts - Baklava uses peanuts as a filling
- Asian and Indian Cuisine - Peanuts are commonly used in these cuisines (ex. salads, stir-fry's, desserts)

Allergy Prevention

- ✓ Always check labels for foods that contain or may contain sesame or tree nuts including oils. **Avoid all products that say "contain" or "may contain" sesame or nuts.**
- ✓ Ensure that foods are not processed in the same facility as sesame or tree nuts.
- ✓ Other seeds may be used in place of sesame or nuts such as flaxseeds, pumpkin seeds, or sunflower seeds (if so, ensure they are processed in a nut and sesame free facility)
- ✓ Cross-contamination of sesame or nuts may occur when facilities share equipment or cooking utensils.

