

ALLERGENS

1. The 9 most common allergens are shown to the right
2. Our recipes do not use peanuts, tree nuts, sesame, shellfish, fish or raw eggs. However, some of our recipes may contain wheat, dairy, and soy.
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. Be extra cautious to check for children with wheat, dairy, or soy allergies.
4. If child's allergy can be accommodated with a simple substitute of ingredients – make sure to do that. If you are unsure how to handle an allergy – contact us. We are happy to provide an alternative recipe for class if needed.



PEANUTS



TREE NUTS



SESAME

**BANNED
BY ICOOK**



FISH



SHELLFISH



EGGS

**NOT USED
BY ICOOK**



WHEAT



DAIRY



SOY

**USED BY
ICOOK**

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 allergen statement on the nutrition label 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.



NUT FREE

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.

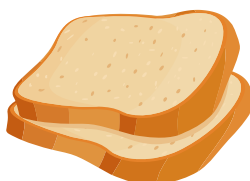
Both are two of the 9 major allergens.

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

Common foods with nuts or sesame:



Nut butters



Baked goods



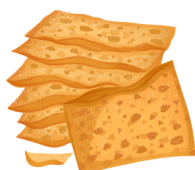
Cereals



Energy bars



Chocolate



Chips/crackers



Hummus, tahini



Sauces



Sesame/peanut oils

- ✓ 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.

