

# Sparsholt C. E. Primary School

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Tuesday, 07 September 2021

Dear Parents and Carers,

## **IMPORTANT! - SESAME SEED - SERIOUS ALLERGY**

I wanted to make you aware that we have a child in school who has a very serious allergy to sesame seeds and foods that contain sesame seed derivatives as well as nut and nut derivatives, which could result in a fatal anaphylactic reaction.

I therefore wanted to ask all parents and carers to be incredibly vigilant with any foods that they send into school and ensure that they do not contain sesame based ingredients. Please read the list below carefully as you may not be aware of the foods sesame seeds may be contained in such as tahini, hummus, crackers, breads, bread sticks, burger buns, salads, cereal (health) bars, gomashio, halvah and falafel etc.

### **Foods that May Contain Sesame**

Asian cuisine (where sesame oil is used)	Margarine
Baked goods (ie bagels, bread, breadsticks, hamburger buns and rolls)	Pasteli (Greek dessert)
Bread crumbs	Processed meats and sausages
Cereals (ie granola and muesli)	Protein and energy bars
Crisps (ie bagel chips, pita chips, tortilla chips)	Snack foods (ie pretzels, candy, Halvah, Japanese snack mix and rice cakes)
Crackers (ie melba toast, sesame snap bars)	Soups
Dipping sauces (ie baba ghanoush, hummus and tahini sauce)	Sushi
Dressings, gravies, marinades and sauces	Tahini
Falafel	Tempeh
Hummus	Turkish cake
Flavoured rice, noodles, risotto, shish kebabs, stews and stir fry	Vegetarian burgers
Goma-dofu (Japanese dessert)	Sesame in Spices or Flavourings
Herbs and herbal drinks	Sesame may also appear undeclared in ingredients such as flavours or spice blends.

Please note that we continue to be a nut and nut derivative free school. If you are in any doubt about whether a food could contain sesame, nuts or nut derivatives, please do not send it into school with your child for their snack or as part of their packed lunch.

Thank you for your support with this.

Kind regards,

Mrs Hanratty

