

# Allergy-Aware Lunch Notes

## A practical guide for school families

**Food allergies are common in Australian schools. Being allergy-aware helps keep everyone safe and included.** If your child has food allergies, talk with the school early.

If your child doesn't, modelling allergy-aware choices teaches empathy and responsibility.

## Why Allergy-Aware Lunches Matter

Many schools have children with severe food allergies. Even small traces of certain foods can cause serious reactions. Following school food rules is about care — not restriction.

## Common School Food Rules

- Nut-free or “no nut products” policies
- No food sharing between children
- Clear labelling of lunch boxes and containers

*Always check your school's specific guidelines.*

## Easy Allergy-Aware Swaps

### Instead of nut spreads, try:

- Cheese
- Hummus (check ingredients)
- Cream cheese
- Vegemite or yeast spreads

### Instead of muesli bars with nuts:

- Plain wholegrain crackers
- Homemade muffins
- Yoghurt or custard

### Instead of packaged snacks:

- Fresh fruit
- Veg sticks
- Leftover wraps or sandwiches

## Practical Tips for Families

- Read food labels every time — ingredients can change
- Wash lunch boxes and containers thoroughly
- Avoid “may contain” products if your school requests it
- When unsure, choose simple whole foods

### A final note:

If your child has food allergies, talk with the school early.

If your child doesn't, modelling allergy-aware choices teaches empathy and responsibility.

