

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.

