



**Wikwemikong Board of Education**  
**SCHOOL LETTERHEAD**

Dear Parent/Guardian:

Each year, many of you volunteer to donate food for special events and celebrations at school. Participation by parents is encouraged and always welcome. However, certain foods can cause allergic reactions in some people. Allergic reactions to food may occur right away or be delayed for several hours. Some people can react to touching food or even to food particles in the air.

The foods most likely to cause allergies include milk, eggs, wheat, fish, shellfish, tree nuts, berries and peanuts. Children often outgrow their food allergies between the ages of five and ten, but allergies to peanuts and shellfish can last a lifetime. The only treatment for a food allergy is to avoid the “problem” food(s).

We have students with food allergies in our class this year. We will be discussing food allergies and stressing the seriousness of the situation with the class. To help prevent allergic reactions, we are requesting your co-operation when food (home-made or store-bought) is sent to school. If you are sending home-made food, please provide a complete list of ingredients used in the recipe. If you are sending store-bought food, please include the ingredients listed on the label. Your co-operation will ensure that all students will be able to enjoy the food you send.

Ingredient lists can be confusing. Try the quiz on the next page and see if you can identify some of the problem ingredients for people with food allergies. Staff at the Health Unit would be happy to answer any questions you have about food allergies.

Thank you in advance for your co-operation in helping us make our classroom a safe environment for students with food allergies!

Sincerely,

Principal

Teacher

*(Attachment to Letter)*

## READING FOOD LABELS

Food labels must have an ingredient list. Ingredients are listed in order of the amount used in the product by weight. Common ingredients are not always easy to identify. They may appear with different names. For example, egg may be listed as albumin and milk as casein. Unless you are certain of the ingredients in processed foods, you should not serve them to people with food allergies.

These food products contain wheat, milk and eggs. Can you identify these ingredients on each label? [See answers below.]

### BOLOGNA

Ingredients: Pork, Beef, Water, Bacon, Flour, Skim Milk Powder, Salt, Spices, Sodium Caseinate, Sodium Erythorbate, Sodium Nitrite, Smoke.

### EGG NOODLES

Ingredients: Durum Flour, Dried Egg Yolk (Containing Sodium Aluminum Silicate), Colour.

### CHOCOLATE BISCUITS

Ingredients: Enriched Flour, Sugar, Cocoa Butter, Blend of Vegetable Oils (Palm Oil and/or Hardened Rapeseed Oil and/or Hardened Soya Oil, Chocolate, Skim Milk, Butterfat, Salt, Golden Syrup, Egg Yolks, Refiner's Molasses, Emulsifier (Soya Lecithin), Leavening (Ammonium and Sodium Bicarbonate), Artificial and Natural Flavours.

### Answers:

1. Bologna contains milk (skim milk powder, sodium caseinate) and wheat (flour).
2. Egg noodles contain wheat (durum flour) and eggs (dried egg yolk).
3. The chocolate biscuits contain milk (skim milk), wheat (enriched flour) and egg (egg yolks).

**A Registered Dietitian can give more information about reading food labels.**

*Developed by: Middlesex-London Health Unit, 1993*

*Original adaptation and distribution by: Nutrition Department, Huron County Health Unit*

*Adapted by: Avon Maitland District School Board*