



*St Michael's Primary School*

## **IMPORTANT**

**PLEASE** note that some children in your group may have food allergies. Be particularly mindful at snack/meal times or if giving treats. Medical Alert Cards for these children are displayed in Classrooms and in Staffroom.

***“A food allergy is when the body's immune system reacts unusually to specific foods.”***

***The eight most common allergenic foods identified by the law are:***

- 1. Milk**
- 2. Eggs**
- 3. Fish (e.g., bass, flounder, cod)**
- 4. Crustacean shellfish (e.g. crab, lobster, shrimp)**
- 5. Tree nuts (e.g., almonds, walnuts, pecans)**
- 6. Peanuts**
- 7. Wheat**
- 8. Soybeans**

***“Allergic reactions are often mild, but they can sometimes be very serious.”***