



Long Day Care • Kindergarten • Pre-Kindergarten • Out of School Hours Care • Vacation Care

Important Allergy Information

Hello Parents and Caregivers,

We would like to advise you all on some of our activities and Policies relating to Food Allergies and intolerances here at Karmai and remind all families:

Here at Karmai WE ARE A NUT-FREE ZONE

Food intolerances in our modern world are becoming more prominent and can have troubling side effects for individuals and especially growing children.

The only prevention is avoidance to foods which contain the allergen.

Allergic reactions can and do occur where the child does not even eat the food they are allergic too, merely sharing the same toys, being in the same room as the food, or being touched by the person who has come into contact with the food can trigger a reaction.

Anaphylaxis is the most sever form of allergic reaction and is potentially life threatening. It must be treated as a medical emergency, requiring immediate treatment and urgent medical attention.

A few things to remind families as stated in our parent handbook:

- Nut products and food that contain nuts are NOT PERMITTED at Karmai.
- Should your child have any food allergies or intolerances please notify Karmai Educators and the Office team on your child's enrolment at our service, so we can ensure everyone is across your child's requirement.
We can then direct you to our Policies relating to food allergies and management. (these Policies include: Anaphylaxis Policy, Dealing with medical conditions Policy and Intolerances Policy)
- The Educators and staff at Karmai will ensure they comply with instructions outlined and follow medical plans when doing any cooking experiences with the children in all programs and ensure any intolerances are considered in the planning phase of the experiences.

Celebrations at Karmai:

Many families love to bring special celebration treats to Karmai for their children to share with their friends, particularly around birthdays.

At Karmai we encourage this celebration and the inclusion of every child, however coordination of the handling of the special treat/cake/cupcake etc. should be done through the Educators in your child's program.

We do ask however if you can please provide in writing a list of any ingredients contained in the treat so that all educators can ensure all children's needs are met.

Please note: Cakes should NOT contain cream unless they are purchased from a supplier with an approved accredited kitchen such as the local supermarket or the local bakeries.

What foods may contain nut products or derivatives?

This is not an exhaustive list however a list of some foods to avoid bringing to Karmai Community Children's Centre:

- Peanut butter
- Nutella (or any hazelnut spread)
- Raw or roasted any sort of nut
- Any sort of nut biscuit (ie peanut, almond, macadamia)
- Anything with satay sauce on it
- Cakes with walnuts or other nuts
- Any food with peanut or other nut oils
- Any muesli bars containing nuts

In the future if any other foods need to be added to our "Exclusion List" we will notify you. We may have some children enrolled at Karmai Community Children's Centre that we are unaware of their allergies.

If you have any queries, please do not hesitate to talk to any of the educators or office team.

We thank all parents/caregivers in advance for their co-operation in this matter, we understand this may cause inconvenience.

We look forward to continuing our improvements in this area and welcome any contribution that you may have to offer.

Kind regards,

The Karmai Team.