

Dear Parents,

As you are already aware Carlow National School is a Nut Free Zone. We appreciate your support and understanding in helping us to protect children with allergies to nuts. Air borne nut allergies are life threatening and need to be taken seriously.

You may find the following information useful and beneficial when planning lunches for your children. Please keep this safely for reference.

**Nut free ideas for lunchboxes:**

Bread and crackers containing no nuts, fruit, vegetables, raisins, yoghurts (mindful of granola toppings), cheese, breadsticks, plain pretzels, home baking containing no nuts, pasta, rice, rice cakes, sausage rolls, pitta breads

Products that say 'may contain nuts' or 'made in an environment containing nuts' are safe to bring also.

**Friday treats:**

Kit kat, Haribo jellies, plain chocolate, crunchies, aero, smarties, Wispa and chocolate bars that say 'may contain nuts' but do not have nuts in the ingredients are allowed.

**Kinder and Lindt chocolate, kinder Beuno, Nutella products, star bar, snickers, boost, picnic bar and all bars with nuts in the ingredients are not allowed.**

**The following foods are not allowed in school:**

Pesto, breakfast cereal, granola, granola bars, cereal bars, Nutella or nut-based spreads, marzipan, croissants/ pastries containing Nutella, almonds or pecans.

**Be mindful of nut-based oils when cooking pasta and rice.**

We really appreciate your support and understanding on this serious issue.