

# CONIFERS PRIMARY SCHOOL



Radipole Lane  
Weymouth  
Dorset  
DT4 0QF  
Tel: 01305 771289  
Email: [office@conifers.dorset.sch.uk](mailto:office@conifers.dorset.sch.uk)

HEADTEACHER  
Mr A Johnson

6<sup>th</sup> March 2024

Dear Parents/Carers

As you are aware Conifers is a **NUT FREE** school. This is due to some of our children having allergies, some of which can be **LIFE THREATENING**. Please remember that a child with a serious allergy, does not have to ingest the nut; the vapour alone from another child's mouth or even nut essence, from touching another child who has had a nut product, can represent a high risk.

Please see the list below of food products that may contain nuts:

- Baked goods: Cookies, candy, pastries, pie crusts, and others
- Candy: **Chocolate** candy especially; also nougat and marzipan
- Other sweets: **Ice cream**, frozen desserts, puddings, and hot **chocolate**
- Cereals and granola
- Trail mix
- Chili and soups. Peanuts or peanut butter are sometimes used as thickeners.
- Grain breads
- High-energy bars
- Honey
- International foods. Nuts are common ingredients in African and Asian cooking (especially Thai and Indian foods), and in Mexican and Mediterranean foods.
- Mortadella. This Italian ham may include pistachios.
- Veggie burgers
- Sauces. These may include barbeque sauce, hot sauce, pesto, gravy, glazes, or marinades.
- Salads and salad dressing
- Chocolate Spreads

Please check that your child's snack or lunch box does not contain these or other nut products.

Thank you for your support,

Miss Bridge Medical Officer



Healthy School

