

Allergy Aware - Fridge List



This list is a quick reference only. For more information please refer to the Allergen Cards for Peanuts, Tree Nuts, Sesame and Shellfish available at www.allergyfacts.org.au/living-with-the-risk/allergen-specifics

Safe food to bring to school	OK food to bring to school	DO NOT bring to school
Fresh fruits	Yoghurt	Peanut butter
Dried fruits	Cows milk	Nutella
Vegetables	Goats milk	Spreads containing nuts
Salad	Cows cheese	Fresh nut products
Bread (free from sesame seeds)	Goats cheese	Products containing nuts as an ingredient
Cereal (free from nuts & sesame)	Products containing dairy	Hommus dip
Biscuits and crackers (free from nuts & sesame)	Products containing milk, cheese or yoghurt as ingredients	Tahini spread
Meusli bars (free from nuts & sesame)		Sesame snaps/sesame bars
Eggs (cooked)		Bread containing sesame seeds
Home baked goods (free from nuts and sesame)		Products containing sesame as an ingredient
Seafood (tuna, fish)		Shellfish
Cold meats		
Products containing coconut		
Coconut milk		
Rice milk		
Soy milk		
Be allergy aware - There are children in our school that are allergic to dairy as well		