

Allergies And Dietary Restrictions Advice

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Date of last review:	September 2024
Next review date:	March 2025
Lead for review:	Buyer and Building Manager

Allergies And Dietary Restrictions Advice

- Leiths does everything it can to reduce the risk of any student consuming an allergen which might lead to an allergic reaction
- Food handling staff have had allergen awareness training
- We have trained staff available to respond to emergencies in the event of an allergic reaction taking place

Please call the school to discuss any relevant allergies with a member of staff. We must speak to you before you visit the school if you have a severe allergy, mild allergy, severe dietary intolerance, or are unable to eat any meat, a specific meat or animal products.

We will be as flexible as possible, when we can, so as to be inclusive to all students. It is sometimes possible to remove a specific ingredient from a student's recipe and/or substitute another ingredient. However it is not usually possible to remove that ingredient from the recipe of every student in the kitchen and so the class will not be suitable for a student whose allergy means they are unable to be in the same room as an allergen.

Leiths is not able to guarantee a completely allergen free environment. All of our kitchens are multi-purpose and allergens may therefore have been used in previous classes. Unfortunately this makes our kitchens unsuitable for students with severe and possibly life-threatening allergies. In cases such as these, we recommend getting in touch our agency for chefs to arrange a private lesson in your own home: <http://www.leithslist.com/>

Our storeroom and kitchen staff are trained to deal with allergens effectively. However, where classes require students to weigh and handle their own ingredients, we are unable to guarantee that students will not cause cross-contamination, even though very effort to supervise and avoid this is made.

Major Allergens: *Celery, cereals that contain gluten (including wheat, rye, barley and oats), crustaceans (including prawns, crabs and lobsters), eggs, fish, lupin (lupins are common garden plants, and the seeds from some varieties are sometimes used to make flour), milk, molluscs (including mussels and oysters), mustard, tree nuts – such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, macadamia nuts, peanuts, sesame seeds, soybeans, sulphur dioxide and sulphites.*

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