

Allergies & Dietary Restrictions Advice

Leiths Education

- 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 allergy 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 meat or a specific animal product.

We will be as flexible as possible, when we can, so as to be as 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 our kitchens are multi-purpose and allergens may have been used in previous classes. Unfortunately, this makes our kitchens unsuitable for students with severe and possibly life-threatening allergies.

Our storeroom and kitchen staff are trained to deal properly with allergens, however where classes require students to weigh and handle their own ingredients we are unable to guarantee that students will not cause cross-contamination, although every effort to 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 and macadamia nuts, peanuts, sesame seeds, soybeans, sulphur dioxide and sulphites