

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.

In order for Leiths to minimise the risks from allergies we ask that you disclose any allergies and dietary restrictions during the enrolment process. If you have a severe allergy a member of staff will call to explore what potential risks would be involved in being in our kitchens. We must speak to you before you visit the school if you have a severe allergy or dietary intolerance or are unable to eat meat or a specific animal product. Where the student fails to fully disclose their allergy or dietary intolerance Leiths will not be held responsible for any adverse reactions the student may experience.

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. You must inform Leiths if you have been prescribed an EpiPen or any other allergy treatments. It is the student's responsibility always keep an EpiPen or any other allergy treatments on their person.

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.

Should your dietary requirements change since completing your initial enrolment form (e.g. due to starting a medication or from pregnancy) you must inform Leiths immediately.

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