



Celery



Molluscs



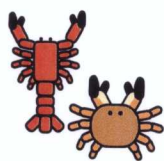
Cereals containing  
gluten



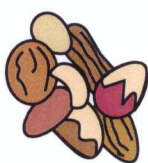
Mustard

**From 13 December**, your school catering team will need to provide information about 14 allergenic ingredients (see the allergens on the left) used in the foods that are sold by them or provided within the school.

# Need food allergen information?



Crustaceans



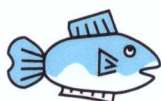
Nuts



Eggs



Peanuts



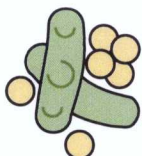
Fish



Sesame seeds



Lupin



Soya



Milk



Sulphur dioxide

Food allergens cannot be removed by cooking. That's why it's essential to check and ask for allergen information, to make sure the food you eat is safe for you.

Food allergens can be life threatening. If you have a food allergy, the only way you can manage it is to avoid the foods that make you ill.

Please speak to a member of your school catering team if you need information about the allergens in your food.

You can find out more at

[www.food.gov.uk/allergy](http://www.food.gov.uk/allergy)