

Food Safety at School

Follow these rules to keep your classmates safe. Below are a few allergens to keep in mind.

1 Avoid bringing common food allergens to school



Wheat



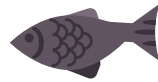
Eggs



Cows Milk



Peanuts



Fish



Sesame



Shellfish



Soy

2



Do not share
food or drinks

3



Tell your teacher
if you feel unwell

4



Wash your hands
after eating

5

Know the symptoms



Trouble breathing



Hives



Swelling of the
tongue or lips



Rash



Vomiting or
diarrhoea