



**FIGTREE PUBLIC SCHOOL  
PARENTS & CITIZENS ASSOCIATION MEETING MINUTES  
DATE 18th May, 2021**

Meeting opened at 7pm

**Present:** Tina, Jasmine, Eva, Annabelle, Ashley, Natalie, David, Emma, Melissa, Anu, Sheree, Alicia

**Apologies:** Allanah, Bec

**Acceptance of the Previous Minutes – 20th April 2021**

Moved by David and seconded by Sheree that the minutes of the meeting held on 20/4/21 be accepted. Carried.

**Business Arising from the Previous Minutes – 20th April, 2021**

- Feedback given about egg in the canteen. Emma presented information about this, see attached. It was clarified that this issue is about making products with egg, there is no actual policy about this at the moment. An Allergy Aware Statement to be drafted and displayed at the canteen. Ash will write a policy for future bake sales that advises that all baked goods must include a full ingredients list and state that we are allergy aware.
- Sheree presented data comparing financials from previous Easter event days

**Action Who By Remarks**

<b>Create an Allergy aware statement to display at the canteen. Write a policy regarding future bake sale events advising that full ingredients list must be provided and that the canteen is Allergy Aware</b>	<b>Ashley</b>
<b>Send comparisons of previous Easter Fundraisers to Jasmine</b>	<b>Sheree</b>
<b>Talk to staff about school based alternatives to Southern Stars and Choir</b>	<b>Tina</b>

**Correspondence – In**

Smart Gift Ideas, Parent enquiry re: uniform shop, P&C Federation Newsletter, ACNC Submission confirmation, Obstacool Fun Day, Coles orders & invoices, emails to sort out Commonwealth Banking issue (now resolved), Canteen News, School Fun Run, Woolworths Customer Statement

**Correspondence – Out**

Canteen news forwarded to Ashley, all invoices sent to Melissa, reply to parent uniform shop enquiry

**Business Arising from Correspondence**

Nil

**Principals' Report – Tina**

## **See attached report**

Regarding the ongoing issue of some children coming to school before 8.30am. The school gates are being opened at 8.30am with teacher supervision starting at 8.45am. Tina advises that if you don't need to be at the school that early, then don't be. The Education Department has flagged this as an ongoing safety issue. The P&C discussed possible ideas to address this issue. Ideas suggested included considering changing the school time. Opening a breakfast club (however this could potentially entice more students to attend early). P&C to consider what other schools are doing, if anyone has any ideas about this please bring them to the next meeting. Another suggestion was for the P&C to consider their own Before School OOSH program.

## **Treasurer's Report – Melissa**

- See attached reports

## **Fundraising and Event Report**

### **Fundraising Committee**

**See attached reports x 2**

The fundraising committee held a meeting and created a schedule of events for the rest of the year. The fundraising team is considering a special food day for NAIDOC week, the last week of term. Father's Day stall will also be arranged. The fundraising team have allocated leaders who are responsible for organising each event

### **Uniform Shop**

Paulette is happy for people to try on uniforms when the 2nd hand uniform shop is open but from the rack only and orders must still be lodged online or via p&c box

Paulette made a suggestion of the p&c potentially creating incentives for parents to help in the uniform shop or canteen (such as a discount?). It was suggested at the meeting that Paulette advise what she needs help with and when so this can be advertised via School eNews. The idea of incentives will be discussed in the next meeting

### **Canteen**

Ash has advised that Ice blocks are to be served second break only. Helpers have been advised and a sign has been placed on the counter.

Missing lunch orders – reminder to teachers to hand out orders

Introducing electronic ordering system/ Ash raised the idea of online ordering, Quick Cliq is already set up and ready to go. Ash to get quotes for a printer to print orders. Eva advised that she can donate a laptop to the P&C for canteen online order use. P&C aiming to have online ordering commencing Term 3. Training will need to be provided for all canteen volunteers. Jasmine moved that the Canteen introduce online ordering and also for funds approval for a printer. David seconded this motion

Freezer issue - this may be resolved, Volunteers to monitor any issues with fridges and freezers

Ash advises regarding canteen rosters that a third person has been added to Fridays and that she is aiming to have herself off roster

Online ordering. Ash reports that Coles online ordering is going well however Woolworths have more products. Coles will continue to be used but the Woolworths in store account will remain open for purchasing items needed

### **General Business**

Funding pitches/ wishlist

The P&C would like to thank all of the teachers and students who contributed to funding pitches. Unfortunately due to COVID limiting our fundraising opportunities in 2020 we were not able to allocate funding for all the ideas

The P&C have agreed to fund:

The home readers requested (\$3240)

5 laptops (\$5000)

12 Ozobots & 6 dash bots for Future Focussed Learning (\$1664.69 + \$1854.78=\$3519.47)

This totals approximately \$11760

This was moved by Anu and seconded by Alicia

It was approved to transfer \$2000 from the canteen account, moved by David and seconded by Eva

The P&C would like to donate some proceedings (up to \$1500) from the upcoming Pie Drive to the SRC for their playground enrichment ideas that they pitched to the P&C.

Meeting closed at 7.51

### **Action List**

#### **Action Who By Remarks**

<b>Sign regarding canteen being "Allergy aware"</b>	<b>Ash</b>
<b>Canteen policy to be drafted regarding future bake sale days that explains that all items must have a full ingredients list</b>	<b>Ash</b>
<b>Email Easter fundraising data comparison to Jasmine</b>	<b>Sheree</b>
<b>Talk to staff about alternate school based options other than Southern Stars/choir</b>	<b>Tina</b>
<b>P&amp;C members to bring any ideas they may have regarding solutions to issue of some students being dropped off too early</b>	<b>All members to consider ideas</b>

<b>Contact Paulette regarding info on what help is needed in the Uniform Shop and when</b>	<b>Jasmine</b>
<b>Get quotes for a printer for canteen</b>	<b>Ash</b>
<b>Donate laptop to canteen</b>	<b>Eva</b>

- We are all very excited and grateful to hear the outcome of our resource pitches tonight and thank the P and C for their generous contribution.
- External Validation was lodged today. I have brought along a copy for the P and C to have a flick through, during this meeting. We are very proud of the work that our students, staff and families have put into making Figtree a brilliant place to learn and teach. It really is a hub in our community. I'd like to congratulate the staff on their hard work and dedication.
- After consultation and specialist advice, we will follow our initial decision to refrain from cooking with egg in the canteen. Emma Clayton has appropriate evidence to support this, and I feel it is the safest decision.
- All principals have been instructed in regard to safety, supervision and school security.

#### Legal services:

"Some schools experience an issue with children arriving at the school grounds prior to the before-school supervision roster commencing. This practice poses potential risks to both children and the department.

While it is appreciated that many families have two working parents and may find it difficult to delay their departure for work until the school's supervision begins, we strongly recommend that schools regularly remind parents of school supervision hours. This should be done via a general notice to all parents (for example in the school newsletter). In addition, the school should so write directly to parents of children who regularly arrive early."

The school and the principal as site manager, has a legal duty of care to ensure the safety of students and this includes a legal obligation to ensure they're supervised while on school grounds.

½ hour supervision before school starts is standard in NSW schools.

#### School arrival and departure

- The school recently communicated on Enews and via letter notification some information in regards to school arrival and departure. This information is standard information for all schools to protect the safety of students before and after school and to maintain school security. The legal branch of the Department of Education has been very clear in regard to student supervision before the start of the school day. Their statements outline that schools must act if students are on site before supervision commences as this practice poses potential risks to children and the school. Schools are obliged to regularly remind parents and carers of the supervision hours and communicate directly to parents if their children are regularly arriving early. Next week our school gates will open at 8:30am as resourcing allows for this. Students will then be able to enter the gates to present for playground supervision, sitting down until the teacher releases them for play. Morning supervision time is for 30 minutes before the beginning of the school day and is standard amongst all primary schools. We ask that students arrive for the 8:45-9:15am supervision period.
- Our school dismissal time is 3pm. We ask that families organise for school pick-up at this time. We understand there may be emergency or irregular situations where timely pick up could be disrupted, so a call to the school office at these times would support alternative supervision.

### Before and after school care support

We understand that in many households all parents and carers work and organisation for school drop off and pick up can be difficult and the logistics challenging. There are some options that might assist these include;

- Asking a friend or family member to support with walking, carpooling etc
- Utilising public transport where possible
- Utilise our Figtree Heights OOSH before and after school care service. You can engage with this support casually or permanently and there may be deductions to the full price. Students can be dropped off from 6:30am and breakfast is provided before 8am.

The service will then transfer students to and from school. See the attached flyer and contact OOSH on 4227 2515.

The school Athletics Carnival is on 25 May. We are hoping for great weather and will be utilising the high school and our school playgrounds. All families are welcome and we will be writing a COVID safe plan to support as I believe we could have up to 200 people on the high school site.

We have a sports Gala day coming up for Stage 2 and 3 on Friday 28 May.

Camp is fast approaching.

I have approved the pie drive note and we will ensure this is distributed.

Staff are busy and have upcoming training in;

- Critical and creative thinking
- Diabetes training
- Advanced choice theory/reality therapy and Lead management
- Schools finance
- NDIS
- Lake leaders Network
- MAPA supportive safety

**Thank you** to our uniform shop volunteers and all of our canteen volunteers, you are doing a brilliant job and we are very grateful for your service to our school.

  
18/05/2021

**FIGTREE PUBLIC SCHOOL - P & C  
RECONCILIATION OF BANK ACCOUNT  
April 2021**



<b>Balance as per Bank Statement on 31st March 2021</b>		<b>\$25,597.77</b>
<b>Add Income for April 2021</b>	\$4,452.33	
	Sub-Total	<u>\$4,452.33</u>
<b>Less Expenses April 2021</b>	\$3,367.84	
	Sub-Total	<u>\$3,367.84</u>
<b>Add unrepresented Deposits</b>		
	Sub-Total	<u>\$0.00</u>
<b>Less Unrepresented Cheques</b>		
<u>Payee</u>	<u>Number</u> <u>Amount</u>	<u>\$0.00</u>
	sub-total	<u>\$0.00</u>
<b>Balance as per bank statement on the 30th April 2021</b>		<u>\$26,682.26</u>
<b>Balance of Available Funds with unrepresented cheques included</b>		<u>\$26,682.26</u>
<u>Presented Cheques</u>		
	sub-total	<u>\$0.00</u>



**FIGTREE PRIMARY SCHOOL**  
**Canteen Treasurer Report**  
**1st April 2021 to 30th April 2021**

Cashbook Balance as at 31st March 2021		\$ 10,540.61
Add Income April 2021	\$ 1,935.20	
Total Income	\$ 1,935.20	
	Sub Total	<u>\$ 12,475.81</u>
Less Expenses April 2021	\$ 3,698.06	
Total Expenses	\$ 3,698.06	
	Sub Total	<u>\$ 8,777.75</u>
Cashbook Balance as at 30 April 2021		\$ 8,777.75
Add Unpresented Cheques		
Less Unpresented Deposits	\$ -	
Total Balance with Bank Statement		<u><u>\$ 8,777.75</u></u>
Balance of Bank Statement as at 30 April 2021		<u><u>\$ 8,777.75</u></u>

**Reported By:**  
**Melissa Labor, P&C Treasurer**

**Unpresented Cheques**

NIL

**TOTAL** \$0.00



# Fundraising Team P & C Report



Notes documented by: Sheree

Date: 2/5/2021

## Current Members:

Sheree Springhetti, Anu Stevens Bec Cavanaugh Eva Thompson Jess Romancewiz	Jasmine Campbell Annabelle Hoy Andrew Hoy Ashley Boyle
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In attendance: Sheree, Bec, Anu, Annabelle, Andrew & Eva.

## Events that have occurred:

1. Easter hat parade & raffle: **\$1,622.55**
2. Mother's Day Stall: **Profit \$1,236.95**

## FUTURE PLANS AND ACTIONS FOR FUNDRASINING

- 8<sup>th</sup> June – Pie drive Ash Boyle organising
- 2/3<sup>rd</sup> Sep – Father's Day Stall – Bec & Sheree organising
- 10<sup>th</sup> Sep – Family Movie Night – Anu organising
- 22<sup>nd</sup> Oct – Crazy Colour (Fun for School) – Sheree organising
- 26<sup>th</sup> Nov – Adult Trivia Night – Group effort
- Sushi food day – Annabelle organising date TBC

**Waiting on confirmation from Tina that these dates are OK and locked in.**

## Interest actions for Fundraising Committee

### Fundraising Team promoting new members:

1. Create video to promote P & C fundraising committee
2. Create flyer to promote P & C fundraising committee
3. Create invitation to join P & C – Fundraising Team / Canteen Team

Distribution through school

## Other notes and discussions from P & C meeting:

- Discussed how we could contribute to Naidoc week at the end of term 2. All agreed that whatever we could contribute would just be "tokenistic" and that it would be better for the school to just do their planned activities and teaching lessons. For the future we discussed the possibility of lending support to an activity or event that is planned with the school so this would be more respectful.
- Andrew brought up the gifts for Father's Day. The choices in 2019 were not inspiring and we did a round table discussion about possible ideas for the future. Andrew suggested a concept of buying a "donation" to a worthy cause and receiving an item that celebrated that (like a printed handball or bottle that says "you donated" etc. We left this discussion open to come back to after some thought.
- For Father's Day this year – Bec & Sheree would look at this year's options with the aim to buy meaningful items.

- Movie night ideas:
  - Sausage sizzle
  - Soft drinks / glee drinks to purchase
  - Coffee van invited? – up for discussion
  - Outdoor movie screen and movie – investigating costs and company
  
- Crazy Colour – has been booked, just need to confirm date.
  - Items will be delivered to the school when order placed – no cost outlay
  - Hayley is our contact with Fun for School
  - The colour run is run on the day by volunteers and teachers (kids contribute to water spraying)
  - All fundraising is done online through kids / parents
  - Contact person and event organiser have access to online system to view fundraising and these can be viewed and catalogued by child, family, class, stage and total.
  - Prizes for fundraising are included in the “payment” to Fun for School after the event. – not cost outlay

# 2021 Mother's Day Information

Thursday 6<sup>th</sup> May

Friday 7<sup>th</sup> May

Thursday Volunteers	Friday Volunteers
Sally Inskip Fiona Brown Eva Thompson Sheree Springhetti	Sheree Annabelle

## Thursday Routine:

**8:30am - 9am** – Set up

**9:15am** – Banksia

**9:30am** – KH & KM

**9:45am** – 1LN & 1G

**10am** – 2P & 2/3M

**10:20am** – 3/4O & 3/4L

**10:45am** – 5/6L, 5/6C & 5/6D

- There will be a couple of “runners” (children) who will go and get the next class at the right time. The aim is to keep things moving smoothly and have all children completed by 11:15am.
- 3 x tables set up along one wall (with a small gap between each for space)
- Each table to have a sample of all the items so that the classes can spread between the 3 tables.
- The banksia and kindy classes may just use 2 tables.
- As each class / stage group finishes put up the next stage box of items to restock. Leave what isn't sold on the tables and just add to them.
- **Money is taken at the tables when they choose their items**
- We have done a few different routines before, some where the money was collected first and then the kids were given a token, due to lack of volunteers it may not be helpful to do this this time but if we have some extras we can change it to have a money table at the entrance.
- Ask for the money first and work out if they are choosing 1 or 2 gifts (**no more than 2 gifts purchased, additional can be bought on the Friday with leftover gifts**)
- At the end, collate all left over gifts into 1 box and take back to gumnut.
- Pack away tables used
- Tally the money received and complete the tally sheet (2 volunteers to count and sign)

### Friday Routine:

**11am – 11:15am** – set up under cola

**11:15am – 11:45am** – sell left over gifts

**11:45am** – pack up remaining left over items and tally money received

**12pm** – pack up

### Finance report:

Expenses	Smart gift ideas \$778.50 Total items purchased: 245 Items left over / gifted: 14 Total gifts this year: <b>259</b> <b>Had to buy more gifts (25) and still ran out. Used cash received to purchase more after Thursday.</b>
Thursday income	\$1,758.25
Friday income	\$257.20
Total income	\$2,015.45
Profit / loss	Total income – expenses = \$1,236.95



## School Canteens

### Acknowledging the needs of food allergic students

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Eating out and purchasing take away food is very much a way of life today. Often a child's first introduction to independent food purchasing is at the school canteen. Ordinarily this is a fun and exciting new experience for a kindergarten student. This same milestone in the life of a food allergic child may result in fear and anxiety for the child and their parents.

As children with allergies grow older they need to learn to keep themselves safe, accept responsibility and most importantly do all this without being stigmatised or singled out.

The school canteen and the whole school community can play an important role in reinforcing the skills the allergic student learns as they gain their independence. Education is the key to safe management and strict avoidance of the allergen is required in order to prevent an allergic reaction.

#### THE FACTS ABOUT FOOD ALLERGIES

Food allergies are real and they are currently on the increase. Research shows 4-6% of children have food allergies. 1 - 2% of the population will have food allergies for life. Most schools now have at least one child diagnosed with a potentially life threatening food allergy.

An allergic reaction triggered by a small amount of food can be rapid in onset and progress quickly to a life-threatening emergency. Treatment must be available and administered promptly according to the child's Anaphylaxis Action Plan (an individual emergency response plan which is signed by the child's doctor). Anaphylaxis is the most severe form of allergic reaction. The first line treatment in an anaphylactic reaction is administration of an adrenaline auto-injector, which contains a pre-measured dose of adrenaline. The auto injector is for use by a layperson.

Whilst most schools have adopted a no food sharing policy, students with food allergy MUST be taught NOT to share/swap food or drink from a young age. This is sometimes difficult as parents spend so much of the early years encouraging toddlers and preschoolers to 'share' and then reward them for sharing. Students with food allergy should eat food mum and dad have prepared, from their own, labelled lunch boxes when at school.

If students with food allergy are allowed to make canteen purchases then the parent of the student with food allergies should visit the canteen and check suitable safe foods prior to the child making any purchase. As part of the school management plan, consider a strategy where the child with food allergy has to be served by the informed canteen manager/or specific other, each time they purchase food or place a lunch order. Volunteer parent helpers are often not as informed about canteen allergy management issues and the protocols to help prevent cross contamination during food preparation.

The school, canteen manager and the parent/s need to discuss who will serve the child and read the food ingredient label when the food is purchased. The school and parent may decide that canteen purchases can only be made when the child is a little older and can be supervised when reading a food label that a parent has pre checked and allowed. There is no one rule for all schools or all children at risk of anaphylaxis.



## School Canteens

### Acknowledging the needs of food allergic students

#### WHAT ARE THE MOST COMMON FOOD TRIGGERS?

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It is the protein in a food which triggers the allergic reaction in an individual whose immune system recognises that particular protein as an enemy. The allergic reaction is the body's defence mechanism to ward off this enemy. Any food protein can potentially cause an allergic reaction, however research shows that there are 9 foods that are responsible for 90% of food induced allergic reactions in Australia.

- Egg
- Milk
- Peanut (is a legume)
- Tree nuts (cashew, walnut, pistachio, hazelnut etc)
- Fish
- Crustacea (prawns, lobster etc)
- Sesame
- Soy
- Wheat

Whilst death from anaphylaxis remains rare, peanut has been recorded as being responsible for the majority of deaths from anaphylaxis world-wide. Children often grow out of milk, egg, soy and wheat allergy by school age. Fish and crustacea allergy is more common in adults and is usually life long. Peanut, tree nut and sesame allergy are also usually life long allergies.

Each school will need to have their own management plan addressing the needs of the students with allergies who attend. Plans/policies/guidelines and protocols which include education of staff, students and parents and a number of other safety strategies should be formed and adhered to so the whole school community is allergy aware. The canteen committee should review the products they stock and try to reduce the amount of the allergen containing foods where possible. A school canteen could remove peanut butter from the canteen menu along with cookies that contain nuts and ice cream with sprinkled nuts. If there is a child with egg allergy, the school may decide no egg sandwiches or meringues are to be sold in the school canteen. It is unreasonable to remove all foods that contain milk or egg as an ingredient for example.

#### CAN WE CREATE "NUT FREE ZONE"?

Can a school ever effectively remove a food item? Banning gives out a strong warning that needs to be regulated and monitored at all times. The word 'ban' can mean different things to different people and is not helpful in the discussion of allergen minimisation. Can this be managed in a school that has so many students, teachers and parents involved in everyday care? It is very difficult, for parents of an allergic child, to keep a home 'allergen free' (e.g. nut free or egg free) even though there are only two people who generally do the home shopping. It is unrealistic to think a school can be 'free' of any allergen as so many people who do not have allergy management and label reading at the forefront of their lives purchase food for their school aged children. At any given time, even in 'allergen free' schools, someone on the school campus could possibly have the allergen in their lunch box, unintentionally, but there all the same.

It is critical that **several** strategies are implemented to reduce risk to a child with severe allergy.



## School Canteens

### Acknowledging the needs of food allergic students

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#### **EACH SCHOOL NEEDS TO DEVELOP A POLICY THAT CAN WORK IN THAT FACILITY.**

- The school community needs to become allergy aware.
- The canteen manager should attend staff anaphylaxis training
- Canteen staff, including volunteer helpers, need to understand the seriousness of food allergy.
- Realistic allergen minimisation strategies for age appropriate confines
- Encourage the parent of the child with allergies to visit the school canteen each term
- Try to hold off on food purchases from the school canteen until the child has a deeper understanding of their food allergy.
- Consider having separate coloured/striped paper bags for lunch orders of children with food allergies. Always direct them to the canteen manager or designated person for processing.
- Ensure all canteen staff are aware of cross contamination during storage, preparation and serving. Staff need to use separate utensils, boards etc for different foods. Hand washing with soap and water is encouraged. Food allergens are a food safety issue.
- Students with allergies should be identified and their enrolment be communicated to canteen manager. Consider having photo of each child at risk of anaphylaxis in the canteen.

#### **LABELLED GOODS.**

Read all labels regularly and before selling any food or drink to children who have food allergy. The labelling laws require the above-mentioned major allergens to appear on the label if they have been used as an ingredient or as part of the processing of a product.

#### **Products with no labels e.g. baked goods**

Suppliers of these goods are required to give you, either in writing or verbally, a true list of ingredients contained in their product/s. If the information received is not satisfactory, consider changing suppliers to one that can support your needs and answer your questions.

**"May contain" labels** are NOT placed on products indiscriminately. The food industry routinely audits their products and processing plants. They do a risk assessment and run allergen testing to detect the levels of allergens present in the products before making the decision of placing a warning on the product. Food allergic consumers should heed these warnings.

#### **Should canteens avoid stocking products with "may contain" statements?**

The products carrying these statements are plentiful and it would be unnecessary to remove all such products from the school. These products pose risk to the allergic student if they eat them. There is no risk of the allergic student having an allergic reaction by sitting alongside a student who is eating a product which is labelled as "May contain....." if no food sharing occurs.



# School Canteens

## Acknowledging the needs of food allergic students

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### CROSS CONTAMINATION

The school and the food allergic child's parents need to address food allergy issues in order to find a manageable way forward. Cross contamination occurs when one food is contacted or 'contaminated' with another. Examples of this include:

- Using a knife that has been used to spread peanut butter to make the cheese sandwich for the child with nut allergy
- Using the cutting board previously used for the bread containing margarine when making a chicken sandwich for the child with milk allergy
- Warming the chicken nuggets for the fish allergic child on the same tray that was used for fish fingers.

#### *Cross contamination can occur during the:*

- storage of raw ingredients
- preparation
- display of the finished product
- use of utensils during preparation and serving
- handling of food (gloved/ungloved hands)

Preparation of sandwiches and rolls in canteen kitchens must be reviewed and areas where cross contamination could occur need to be identified. The canteen could consider having colour coded nut free or milk free cutting boards for example.

#### *Whole peanut and nut products and products containing nut pieces*

To minimise the risk in the canteen these products are best not stocked in primary school and the lower years. High School students with allergies are generally well aware of the foods they can and cannot consume.

#### *Peanut Butter and nut spreads*

The problem with these products is that they are sticky, stay on fingers and can be smeared on the student eating it, around their classroom and the play equipment. During food preparation there is a real risk of cross contamination and these items are best removed from the canteen to avoid mistakes being made. One needs to consider that parent volunteers with no training in the service of food often help in school canteens.

#### *Special events – Sports carnivals and sausage sizzle days*

On enrolment, the food allergic student must be identified and the canteen made aware of their food allergy. The parents should be introduced to the canteen staff and take time to tour the canteen and view the products and offer suggestions. Together the school, canteen staff and parents should work out how best to manage the needs of the students with food allergy on special days when products available may change.

Strategies for special events need to be addressed. Special items can be supplied by the parent before hand and stored in the freezer or canteen for such occasions. Parents can supply safe cupcakes, ice blocks and other food items that are **clearly marked in a container with the child's name.**





# School Canteens

## Acknowledging the needs of food allergic students

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Include the student in open communication and ongoing dialogue between parents, school and canteen staff at an age appropriate level. Communicate with the whole school community by way of the school newsletter, class discussions and assembly. Draw attention to new products that are introduced. Feature regular snippets of information on food allergies in your school newsletter.

**Contact AAI, [coordinator@allergyfacts.org.au](mailto:coordinator@allergyfacts.org.au)** for this information. Raise awareness during Food Allergy Awareness Week held annually in early May.

Your school canteen can show their support and help make the school canteen experience a safe and happy one for those with food allergies whilst maintaining a good variety of healthy food choices for all students.

Anaphylaxis Australia has a large range of resources to help educate and support schools.

Visit [www.allergyfacts.org.au](http://www.allergyfacts.org.au) to see our range of posters

School Canteen Checklist

Food Allergy Awareness

What You Need to Know about Food Allergies

Think FAST

Be a MATE range of posters and brochure

Eating out with Food Allergies brochure

Food Allergen Cards

Food Service Card

**Anaphylaxis Australia Inc 1300 728 000**

*Permission is granted to make copies of this document for educational and awareness raising purposes only. 2008*

# FACTSHEET



This fact sheet is for education purposes only. Please consult with your doctor or other health professionals to make sure this information is right for your child. If you would like to provide feedback on this fact sheet, please visit: [www.schn.health.nsw.gov.au/parents-and-carers/fact-sheets/feedback-form](http://www.schn.health.nsw.gov.au/parents-and-carers/fact-sheets/feedback-form).

## Egg allergy and egg free-diet

### How common is egg allergy?

Egg allergy is one of the most common food allergies in childhood affecting about 8.9% of preschool children. It is usually due to allergy (IgE) antibodies against egg proteins. IgE antibodies can be detected using an allergy test such as a skin prick test or blood test.

### What are the symptoms of egg allergy?

Reactions can range from mild to severe.

Mild to moderate reactions consist of any one or more of the following:

- Hives or welts
- Swelling of the lips/face/eyes
- Tingling of the mouth
- Abdominal pain or vomiting.

Severe reactions (anaphylaxis) include one or more of the following:

- Difficulty/noisy breathing
- Swelling of the tongue
- Swelling or tightness in the throat
- Difficulty talking and or hoarse voice
- Wheeze or persistent cough
- Persistent dizziness or collapse, pale and floppy (in young children).

It is rare (but possible) for these symptoms to occur alone without hives and/or vomiting. Very rarely very sensitive individuals have died from a severe allergic reaction to egg. Fortunately, children with egg allergy are much less likely to have a severe reaction than children

with peanut allergy. Other reactions to egg not due to IgE allergy antibodies are not discussed here.

### How is egg allergy diagnosed?

In most cases, the symptoms of egg allergy start soon after eating egg or egg containing foods. These symptoms usually occur minutes after the food is eaten, but can occasionally take up to 2 hours. Having allergy IgE antibodies to egg can be confirmed by an allergy skin prick test or a blood test (called a RAST test). Not every child with a positive allergy test will develop symptoms of egg allergy, and the test results should be discussed with your doctor.

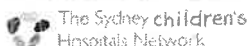
### Does the allergy occur to egg white or egg yolk?

Allergy can occur to both egg white and yolk. Egg white allergy is more common. If your child is allergic to either egg white or egg yolk, it is simplest to avoid both egg yolk and egg white.

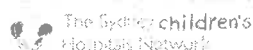
### My child seems to react to raw but not cooked egg. What does this mean?

Some of the allergy inducing parts of the egg are altered by heat used in cooking and become less likely to cause a reaction. This explains why some people react to raw or lightly cooked but not well cooked egg. However other children will react to both raw and cooked eggs. Many children with egg allergy can tolerate small amounts of baked egg in cakes and muffins. You should discuss whether your child might be able to do this with your doctor.

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### **Can my child grow out of egg allergy?**

Many infants and young children will grow out of their egg allergy. Approximately two thirds will grow out of their allergy by 5-10 years of age. Those children who have had milder allergic reactions with only skin reactions are more likely to outgrow their allergy than children with more severe reactions. Your doctor can determine whether egg allergy is still present by monitoring the allergy tests every year or so.

### **Is my child likely to have a severe reaction from casual contact with egg product on benches, other children's hands or by smelling eggs?**

No. Severe reactions from casual contact are extremely rare.

### **Can I prevent egg allergy in my future children?**

There are no steps which can guarantee a child will not develop egg allergy. There is no evidence that avoiding eggs in pregnancy prevents egg allergy in the baby. The evidence is unclear whether avoidance of eggs by the mother while breastfeeding will alter the development of egg allergy in the baby.

### **What about immunisation should my child avoid any vaccines?**

It used to be thought that measles immunisation should not be given to egg allergic children. This is incorrect. The measles vaccine is safe in all egg allergic children as is not grown in hen eggs. Influenza (Flu) vaccine is grown in hens eggs and can usually be given to egg allergic children in consultation with an allergist. Immunisation Clinics at Children's Hospitals provide this service, or alternatively it can be given through your paediatrician in a local hospital. Discuss Influenza and Yellow fever vaccination (if required) with your doctor.

### **What is an Epipen or Anapen?**

Epipens and Anapens are emergency devices called adrenaline autoinjectors that inject a dose of adrenaline into the muscle. They are used to treat severe reactions to nuts (anaphylaxis). The drug adrenaline reverses the severe allergic reaction and can be lifesaving.

### **Should my child carry an adrenaline autoinjector?**

All allergists agree that children who have had a serious reaction with involvement of the breathing passages should have an adrenaline autoinjector. The need for other children to have an adrenalin autoinjector depends

on a number of factors which should be discussed with your doctor.

**If you have an adrenaline autoinjector it is very important that you understand how and when to use it and that you have a written anaphylaxis action plan provided by your doctor.**

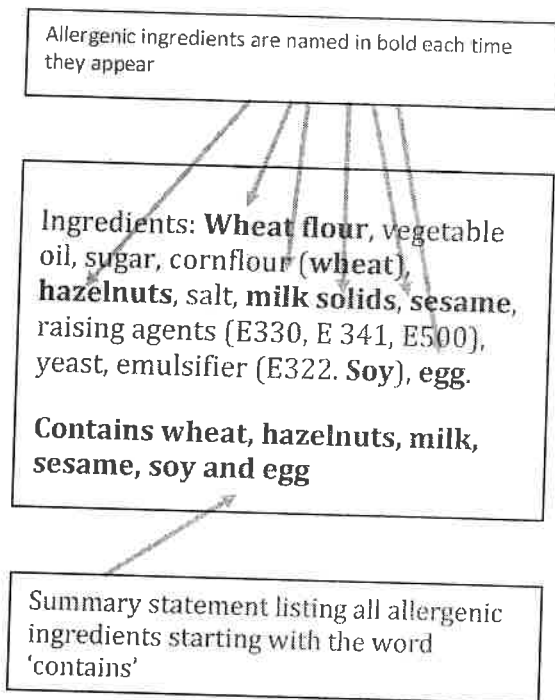
### **How do I avoid exposing my child to egg?**

Egg is found in many foods and often in foods we don't expect. The following food often contain egg:

- Asian dishes
- Battered food
- Binding for rissoles, patties, meatloaf Milk puddings
- Biscuits
- Cakes
- Cake mixes
- Confectionary eg. marshmallows
- Croissants
- Crumbed foods
- Custards
- Dessert mixes
- Dips
- Egg noodles and pasta
- Fried rice
- Health drinks
- Ice cream, frozen desserts and sherbets
- Icings Tarts and pastry
- Malted chocolate drinks, eg. Ovaltine
- Mayonnaise
- Melts
- Mock or butter cream
- Mousse
- Muffins and muffin mixes
- Naan bread
- Nougat
- Pie fillings
- Prepared soups, clear soups, consommés
- Prepared meats
- Puddings
- Rissoles, sausages
- Salad dressings
- Some breads, breaded foods
- Shiny glaze on baked goods
- Vegetarian meat substitutes

**Unless the doctor says otherwise, egg needs to be strictly avoided.**

- ALWAYS check the ingredient list on the food label even if it says "egg-free" or you have bought the product before. Manufacturers can change their ingredients without notice. An example of a food label is presented below:



#### It is important to:

- Avoid foods that don't have a food label or that you haven't made yourself, as there is no guarantee that the food doesn't contain eggs.
- Plan eating out and travelling and talk to staff serving you about your child's allergy.
- Avoid food that is served using spoons/tongs that are also used to serve food containing egg (e.g. some takeaway meals).
- Prepare safe meals at home for your child to take out.
- Teach your child about their allergy.

**Note:** Some children with egg sensitivity are able to eat cooked foods containing small amounts of egg without having a reaction. Your doctor can advise you about this. Do not give your child egg containing foods unless this has been discussed with your doctor.

#### What about foods with a label that says "may contain traces of egg"?

Some foods may carry a warning on the label "may contain traces of egg". This usually indicates that the food is made in a facility that also makes other foods which do contain egg. Discuss what to do about these foods with your doctor.

#### Egg alternatives/substitutes

It is possible to make cakes and muffins successfully by changing recipes you use at home. The texture of the product may be a little different but the taste is the same.

##### For baking:

- 1 egg = 1 teaspoon egg replacer + 2 tablespoons water
- 1 egg = 1 teaspoon baking powder + 1 tablespoon liquid (water, juice or milk)
- 1 egg = 1 teaspoon baking powder + 1 tablespoon liquid (e.g water, juice or milk) + 1 tablespoon vinegar
- 1 egg = 1 tablespoon jam or golden syrup
- 1 egg = 1 ½ tablespoons water + 1 ½ tablespoons oil + 1 teaspoon baking powder

##### For binding ingredients:

- 1 egg = ¼ cup mashed potato or pumpkin
- 1 egg = ¼ cup mashed banana or apple puree

##### Commercial egg substitutes

Commercial egg substitutes are useful for making cakes, muffins, biscuits, pancakes and fritters but will not make scrambled eggs or meringues

These products contain potato or tapioca starch or vegetable gums.

##### Remember:

- If you are unsure about something discuss it with your doctor.
- Most children will outgrow their egg allergy.

#### Where can I find more information on the internet?

- The Australian Society of Clinical Immunology and Allergy (ASCIA) website contains useful information on food allergy written by Australian specialists: [www.allergy.org.au](http://www.allergy.org.au)
- The patient support group Anaphylaxis Australia offers valuable updates and tips for dealing with food allergies: [www.allergyfacts.org.au](http://www.allergyfacts.org.au)
- Food Standards Australia and New Zealand for information on food labeling: [www.foodstandards.gov.au](http://www.foodstandards.gov.au)

## Dietary avoidance – egg allergy

Egg allergy is a common food allergy. Eggs can be found in a wide range of foods. Avoiding whole egg, raw egg and egg-containing foods is essential for individuals with confirmed egg allergy. Therefore, it is important to read and understand food labels to be able to choose appropriate foods. While some children will tolerate some egg baked into cake and biscuits, this should only be tried with specialist medical advice. Uncooked eggs and egg cartons should be kept well out of reach from young children with egg allergy.

### The following foods and ingredients **CONTAIN** egg and should be avoided:

Albumen or albumin	Globulin	Pancakes, pikelets
Apovitelin	Imitation egg product	Pastries (e.g. chocolate eclairs, cream puffs, tarts, pies)
Avidin	Livetin	Pavlova
Dried egg	Lysozyme	Powdered egg
Egg (white or yolk)	Meringue	Quiche
Egg noodles	Meringue mix	Silici albuminate
Egg solids	Omelette, soufflé, frittata	Simplese
Flavoproteins	Ovalbumin	Waffles
French toast	Ovomucin	
Fritters	Ovomucoid	
Glaze (on baked goods)	Ovovitelin	

### Check labels on the following foods to see if they contain egg and if they do, avoid them:

Asian dishes	Dips	Mousse
Battered food	Fried rice	Muffins
Biscuits	Health drinks	Nougat
Breads, breaded foods, Naan bread	Ice cream, frozen desserts	Pasta
Cakes/cake mixes	Icings	Pie filling
Chocolate soft centres	Lemon butter	Prepared meats (e.g. schnitzel)
Confectionary/lollies/caramel	Malted chocolate drinks	Prepared soups, consommés
Croissants	Mayonnaise and salad dressings	Processed meats (e.g. rissoles)
Crumbed foods	Melts	Shiny glaze on baked goods
Custards	Milk puddings, puddings	Tarts and pastries
Dessert mixes	Mock or butter cream	

### Egg alternatives/substitutes

It is possible to make cakes and muffins without egg by adapting recipes you use at home. The texture of the product may be a little different, but they will taste the same.

### Summary of egg substitutes

1 egg	For baking (cakes and biscuits):	For binding:
	= 1 tsp egg replacer + 2 tbsp water	= ¼ cup mashed potato or pumpkin
	= 1 tsp baking soda + 1 tbsp water + 1 tbsp vinegar	= ½ cup mashed banana or pureed apple
	= 1½ tbsp water + 1½ tbsp. oil + 1 tsp baking powder	

### Commercial egg substitutes

Commercial egg substitutes can be used in cakes and biscuits, pancakes and fritters but will not make scrambled eggs or meringues. These products contain potato, tapioca starch and vegetable gums.

**Note:** Egg is sometimes used for fining wine but is considered to pose a very low risk of triggering allergic reactions. Discuss this with your allergy specialist if you are concerned. Egg lecithin (additive 322) is tolerated by most egg allergic individuals.