



# Bilton Church of England Junior School

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**There are no outsiders @ BJS - everyone is welcome**

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Dear Parents / careers,

We wanted to provide some more information on our decision to become a **'nut aware school'** in September and on Transition Day (Monday 10<sup>th</sup> July). We need to keep pupils and staff with life-threatening food allergies safe, but equally try our best not to make it difficult for parents to find snacks children enjoy, which we appreciate can itself be challenging.

To clarify from September 2023 we need to ask you as parents to avoid products that **contain any nut as an ingredient** in lunchboxes. Products that say **'may contain nuts'** are **okay** (the majority of brands use this statement to cover themselves as they produce different foods in the same factory).

**Sandwich fillings to avoid:** Peanut butter / Nutella / other nut butters



**Examples of safe sandwich fillings:** jam, cheese/ cheese spread, butter, honey, ham, chicken, turkey, hummus, Cadbury chocolate spread, Jim Jams chocolate spread

**Example cereal bars to avoid:** all that state nuts as an ingredient



International Cross  
of Nails Schools

**Examples of safe cereal bars:** Organix bars, Ella's kitchen oat bars, Cadbury brunch bars raisins, Cadbury brunch bars chocolate chip, Nature Valley oats and honey, Nature Valley dark chocolate, Nature Valley canadian syrup, Go-ahead yoghurt breaks, Go-ahead fruit oat breaks, Nutrigrain bars, Graze supersnackers Cocopops bars, Frosties bars, Rice krispie bars, Squares bars.

**Example cake / chocolate/ biscuits to avoid:** Cherry bakewells, Battenbergs, Reeses peanut butter cups, Snickers



**Examples of safe cake / chocolate :** Angel cake, fairy cakes, ricecakes, Party rings, Oreos, Maryland cookies, Digestives, Hobnobs, Richtea, Bourbons, Custard creams, Jaffa cakes, Penguins, Gold bars, Cadbury animals.

We would like to thank you in advance for your support in keeping everyone at BJS safe.

Kind regards

The BJS team