

MANAGING ALLERGIES AND INTOLERANCES IN SECONDARY SCHOOLS

The transition to secondary school provides a key opportunity for pupils to learn how to safely manage their allergies and intolerances. It also helps them build confidence and take ownership of their dietary needs.

Caterlink fully complies with all food safety regulations, including providing allergen guidance to pupils upon request. We encourage all pupils to introduce themselves to the designated allergen champion and to ask for allergen information at the counter each day.

- We can provide verbal allergen information about the 14 key allergens for any dish on the menu.
- If your school prepares any foods that are pre-packaged for direct sale (PPDS), such as sandwiches, the packaging will include all allergen and ingredient information. Pupils are still encouraged to speak with the allergen champion if they have any concerns or questions.

If in doubt speak out – ask for the allergy champion!



As we have a wide range of food options available daily, special diet menus are not required. Pupils should speak to the allergy champion who can discuss the requirements.

For any more complex requirements where the pupil cannot reasonably take responsibility for the safe management of their allergies or intolerances, the parent should contact their Caterlink operations team to discuss.

The Natasha Allergy Research Foundation also have a lot of useful resources for secondary schools here...
<https://www.allergyschool.org.uk/secondary-school-food-allergy-resources/>

Anaphylaxis UK have lots of resources around managing allergies within secondary schools
<https://www.anaphylaxis.org.uk/>