



# NUTRITION FACT SHEET



## FOOD ALLERGIES & INTOLERANCES

### What is a food allergy?

Almost 1 in 12 young children suffer from a food allergy and they seem to be getting more and more common.

Food allergies occur when your immune system incorrectly reacts to harmless food proteins and releases a chemical called histamine. The body then produces allergy symptoms such as a rash, swelling, vomiting and diarrhoea, a scratchy or itchy mouth and throat and wheezing. Allergic reactions can vary in severity. Severe reactions are called anaphylaxis and may be life-threatening.

### What is a food intolerance?

A food intolerance is an adverse reaction caused by food. They are usually delayed, occurring several hours or sometimes up to several days after eating the offending food.

Although not life-threatening, a food intolerance can and often does, make the sufferer feel extremely unwell.

The symptoms caused by these reactions are usually gut symptoms such as bloating, diarrhoea and constipation, but can also include skin problems such as eczema and joint pain.

### Can Mellors provide a school lunch for a child with a food allergy or intolerance?

Yes. Mellors have a procedure in place to manage the provision of school lunches to children with food allergies and intolerances.

We will work in partnership with parents and their children to develop a menu as close as possible to the main menu. This ensures they are able to enjoy a balanced school meal with their friends.

You can request a Mellors Catering Services Parent Pack from the school or speak to the Catering Manager for more information.