

Sesame Allergy Notice



Dear Earthplace Preschool Families,

The health, safety, and well-being of our families are of the utmost importance. In the interest of safety, we are alerting all families that we have a student with a severe, life-threatening food allergy to sesame seeds.

There can be zero contact with this allergen. This includes: ingestion, skin contact, and airborne contact.

For this reason, we ask that you do not send the following foods to school in your child's lunch or snack:

- Bread or rolls containing seeds
- Hummus
- Tahini
- Benne, benne seed, benniseed
- Gingelly, gingelly oil
- Gomasio (sesame salt)
- Halvah
- Sesame flour
- Sesame oil
- Sesame salt
- Sesame seed
- Sesamol
- Sesamum indicum
- Sesemolina
- Sim sim
- Tahini, Tahina, Tehina
- Til

Sesame may also appear undeclared in ingredients such as flavors or spice blends. If you are unsure whether a product could contain sesame, call the manufacturer to ask about their ingredients and manufacturing practices.

Spice blend and flavoring recipes are considered proprietary information. The manufacturer may not be able to share the entire ingredient list. Instead, ask if sesame is specifically used as an ingredient.

Foods that May Contain Sesame:

- Asian cuisine (sesame oil is commonly used in cooking).
- Baked goods (such as bagels, bread, breadsticks, hamburger buns and rolls)
- Breadcrumbs
- Cereals (such as granola and muesli)
- Chips (such as bagel chips, pita chips and tortilla chips)
- Crackers (such as melba toast and sesame snap bars)
- Dipping sauces (such as baba ghanoush, hummus and tahini sauce)
- Dressings, gravies, marinades and sauces
- Falafel
- Flavored rice, noodles, risotto, shish kebabs, stews and stir fry
- Goma-dofu (Japanese dessert)
- Herbs and herbal drinks
- Margarine
- Pasteli (Greek dessert)
- Processed meats and sausages
- Protein and energy bars
- Snack foods (such as pretzels, candy, Halvah, Japanese snack mix and rice cakes)
- Soups
- Sushi
- Tempeh
- Turkish cake
- Vegetarian burgers

Thank you for your cooperation and for helping us to keep all of our students happy and safe this school year.