

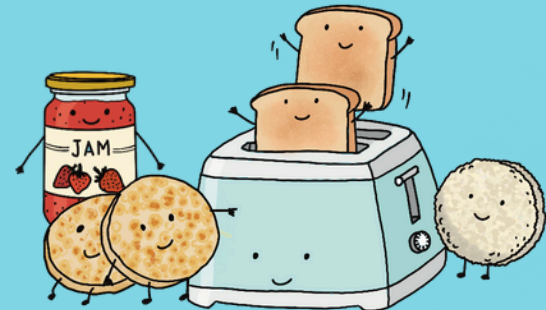
THE ABC – ALLERGY BREAKFAST CLUB!

a guide to...

Allergy Safe Breakfast



brought to you by:



GUIDE TO ALLERGY SAFE BREAKFASTS

WHAT ARE FOOD ALLERGIES?

Allergies happen when a person's body reacts badly to something that is normally harmless—like certain foods. People can be allergic to almost anything, but some children at your breakfast club might have allergies to common breakfast food ingredients like nuts, milk, eggs, wheat, or soy. If they eat or even touch these foods, they could feel and become unwell.

SYMPTOMS TO LOOK OUT FOR IF A CHILD IS HAVING A REACTION.

Some reactions are mild, like an itchy mouth or a rash, but others can be very serious, making it hard to breathe (this is called anaphylaxis).

WHERE CAN YOU FIND THE TOP 14 ALLERGENS IN BREAKFAST PRODUCTS?



It is important to know what breakfast products can contain the top 14 allergens. Some you may not have known before!



Wheat

Found in: bread, toast, cereal, pancakes, crumpets, pastries, granola bars



Milk

Found in: cereals, toast toppings, porridge, pancakes, yogurts, smoothies, baked goods



Egg

Found in: pancakes, muffins, waffles, crumpets, pastries, some bread and pre-made items



Peanut

Found in: peanut butter, snack bars, some cereals and spreads



Tree Nut

Found in: spreads, muesli, granola, baked goods, nut butters, smoothies



Sesame

Found in: some breads (e.g. seeded toast), cereal bars, crackers



Soya

Found in: dairy alternatives, spreads, baked goods, some cereals



Lupin

Occasionally found in: gluten-free flours and bakery products (rare but watch for "free-from" items)



Mustard

Found in breakfast sauces.



Celery

Rare in breakfast foods, but may be in some pre-made spreads or smoothies



Crustacean

Highly unlikely in breakfast settings



Fish

Very unlikely in breakfast club foods, unless smoked fish options are offered



Shell Fish

Unlikely to be relevant for typical breakfast offerings

ALLERGEN SAFE BREAKFAST OPTIONS:



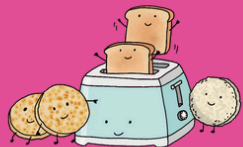
Cereal Alternatives:

1. Gluten Free Corn Flakes or Fibre Flakes
2. Low Sugar Puffed Rice
3. Creative Nature Oatie Snack Bars are a perfect alternative (serve with plant based milk)



Cooked Breakfast:

1. Baked Beans, mushrooms, hash browns and bacon are all typically top 14 allergen free
2. Creative Nature pancake mix can be used with plant based milk and egg free for yummy pancakes



Toast and Bread Alternatives:

1. Gluten free white or brown bread
 2. Allergen free crumpets or toast able rolls
 3. Rice cakes or corn thins (unsalted, plain)
- Great served with spread or topped with sliced jam



Spread Alternatives

1. Dairy free sunflower spread or plant based butter alternative
2. Fruit based spread like jam or puree
3. Sunflower seed spread or granola style seed free butter

TIPS FOR MANAGING ALLERGIES IN BREAKFAST CLUB:

1.

Not every item needs to be Top 14 allergen-free – but be allergy-aware.

It's okay for some children with allergies to be in spaces where you serve foods that contain their allergens as long as the allergens are clearly labelled, handled safely, and suitable alternatives are always available.

2.

Plan once, serve easily.

Where possible, plan menus that are inclusive from the start rather than managing multiple versions of the same meal – e.g. choose a pancake mix that's safe for all, or offer simple cooked breakfast items without common allergens.

3.

Make allergy safety part of your routine, not a restriction.

Keep a list of known allergens, train staff, and make checking labels and cleaning equipment second nature. It creates a safer, calmer environment for everyone.

4.

Don't trade nutrition for safety.

Safe and healthy options do exist – focus on fresh, simple ingredients and involve children in choosing or building their meals. Creative Nature is a great example, providing allergen safe snacks for all not needing to compromise on health or safety.

5.

Inclusion matters as much as safety.

Avoid situations where a child with allergies gets a basic substitute (e.g. plain toast or fruit) while others have something special. Instead for themed days, try serving fun, shared meals that everyone can enjoy – like build-your-own yogurt pots with allergy safe yoghurt or pancake stations with safe ingredients. Fruit kebabs are a great option too!

6.

Separate and label clearly.

Always prep allergy-friendly options first, using separate utensils and boards. Label food clearly and communicate confidently with staff and children.