

Full of Beans Allergy Advice



Allergies to beans and pulses

Soybeans, lupin and peanuts are all legumes. They are in the top 14 allergens that must be highlighted on ingredient labels as it is common for people to be allergic to them. However, there are also allergens that fall outside of the top 14 that might not be highlighted on ingredient labels, and this includes other legumes such as peas, lentils, beans and chickpeas.

Top tips for handling allergies and dietary requirements

- Ensure you are aware of the dietary requirements of children, which children have allergies, and what they are allergic to
- Communicate clearly with children, parents and guardians what children will be eating and offer to provide detailed ingredient lists on request
- Provide alternative food options for children with allergies or other dietary needs so they are included in cooking and taste-testing activities
- Ensure the food they eat is safe for them during activities - this includes making sure there is no cross-contamination during preparation, cooking and eating
- Follow the guidance provided by Government on how to handle allergens [Allergy guidance for schools - GOV.UK](#)