

Anaphylaxis Awareness

Anaphylaxis is a severe and sudden allergic reaction. It occurs when a person is exposed to an allergen (such as food or an insect bite). Reactions usually begin within minutes of exposure and progress rapidly. Anaphylaxis is potentially life threatening and always requires an immediate response.

Common symptoms of a reaction are:-

- swelling of the face
- swelling of the lips, tongue and mouth
- sense of tightness/itching in the throat
- difficulty breathing or swallowing
- hives, itchy, swelling of the face
- nausea, abdominal cramps, vomiting
- shortness of breath
- rapid pulse
- light headedness, faint
- distress and anxiety

Allergies are on the increase worldwide. Schools have an increased number of children with food allergies in their care. We all need to eat, but those with severe allergies have to be extremely careful to check ingredients each time they eat. It takes less than one bite to cause an allergic reaction.

9 foods cause 90% of food induced reactions:-

Egg	Milk	peanut	Fish	Soy
Sesame	Tree nuts	Wheat	Crustacea	

Anaphylaxis is the most extreme form of allergy and is manageable with correct and reliable information and education.

At St Andrew's we have 6 children with EpiPens which are a necessary tool if they have an anaphylactic reaction.

1-2% of adults and 6% of children in Australia suffer with severe food allergies.

This impacts their whole family, friends and all who care for them.

This year's focus for Anaphylaxis Awareness week is to serve food safely. They also have a theme of "BE A MATE", which is easy for W.E.S.T.I.E.s like us at St Andrew's. We are welcoming people and we do this each day by saying hello, shaking hands, winking at a friend, doing a high five or a simple thumbs up. We can "BE A MATE" to our friends with allergies by washing our hands and mouth after consuming food, not share our food with others, be aware of others' allergies, know what to do if they have a reaction and consider trying some of the foods they may eat.

Many of our families in the community work tirelessly to provide healthy and nutritious food for their children. Other families have to be aware of all ingredients in the foods their children eat and often do a lot of baking to ensure they are giving their children the right, and not harmful, foods.

Below are some recipes that have substitutes or alternatives to our more 'common' recipes and ingredients. The Dairy and Egg Free Cupcake is one you could make for your child's birthday at school to accommodate more children in the class.

Dairy and Egg Free Chocolate Cupcakes

1 ½ cups SR flour
1/3 cup cocoa
1 cup castor sugar
1/3 cup canola oil (or similar)
1 tablespoon lemon juice
2 teaspoons vanilla essence
½ teaspoon salt
1 cup cold water



1. Preheat oven to 180 C. Prepare patty papers in standard patty cake tins.
2. Sift together flour, cocoa, sugar, salt.
3. Combine oil, lemon juice and vanilla separately.
4. Add oil mixture to dry ingredients, using a whisk to stir.
5. Gradually add water until well combined, using whisk to stir.
6. Pour batter into patty papers, to almost full.
7. Bake for 18-20 minutes until skewer inserted into the middle comes out clean.
8. Cool 5 minutes in tray. Remove to rack to completely cool.
9. Decorate with icing.
10. Icing – Mix icing sugar with some cocoa and then add small amounts of hot water until achieve required consistency.

Handy Pantry Groceries for milk/nut/egg allergy:

How to substitute chocolate containing traces of nuts. Try Sweet William Choc Chips – Dairy, gluten and nut free – Coles Health food section

How to substitute eggs. Try Orgran No Egg Powder – Health Food Stores

How to substitute butter / margarine. Try Nuttalex Dairy free margarine (margarine section of supermarket)

How to substitute milk. Try rice milk

Need nut free cake decorations. – Coles/Woolies sell Blackwood Lane coloured sugar crystals/Dollar brand sprinkles and hundreds and thousands.

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Anaphylaxis is a severe and sudden allergic reaction. We have been looking at how we can “BE A MATE” to those with allergies and in Year One Baringa, they did just that. Baringa held a “Be a Mate Party” where all the food at the party was able to be eaten by every child in the class.

Other times when we have had the opportunities to share and celebrate with food, we make sure there are some options for those children with allergies, but this time, the focus was to make sure they could eat everything and anything. A great time was had by all



while increasing the children’s awareness of what foods we can all eat and not eat.

Recipe of the Week

EASY BAKED RISOTTO

2 tablespoons olive oil
1 onion, finely chopped
1 teaspoon sea salt
1 cup of Arborio rice
400g can chopped tomatoes
1 large can (about 425g) tuna in springwater
Fresh continental parsley, chopped (or basil)

METHOD

Preheat oven to 200 C.

Place a 3 litre capacity ovenproof dish with lid on medium heat. Add olive oil, onion and sea salt. Cook, stirring, for 5 minutes until the onion is soft and translucent. Add rice and stir for a further minute.

Add 1 ½ cups water and the tomatoes with their juice, and bring to a simmer. Stir in the tuna (undrained) and some freshly ground black pepper (or add at the end after you’ve served the kids). Cover dish and bake in the oven for about 20 minutes or until rice is cooked. It may take longer, and you may need to add a bit extra water near the end, and then stir well. Scatter parsley over the top and serve.

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HOW YOU CAN BE A REAL M.A.T.E. TO YOUR SCHOOL MATES WHO HAVE FOOD ALLERGIES.

1. Always take food allergies seriously.
2. Don't share your food with friends who have food allergies.
3. Wash hands after eating.
4. Know what your friends are allergic to.
5. If an allergic school mate becomes sick, get help immediately!

Recipe for the Week

HONEY SLICE

INGREDIENTS

- 100ml [apple juice concentrate](#)
- 2/3 cup [water](#) , warm
- 1 cup [quinoa flour](#)
- 1/2 cup [tapioca flour](#) , (arrowroot flour)
- 3/4 tspn [baking soda](#) , (bi-carb soda)
- 2 tblsps [honey](#)
- 25ml [oil](#)

METHOD

1. Preheat oven to moderate 180 degrees Celsius (350 degrees Fahrenheit). Line 20cm square cake tin with baking paper (or grease tin).
2. Mix flours and soda in bowl. Add honey, oil, apple juice concentrate and warm water. Mix with a spoon until well combined. It will be a thick batter.
3. Gently pour batter into cake tin. Use spoon or spatula to push batter into corners of tin.
4. Bake for 45 minutes or until the skewer test comes out clean.
Recipe freezes well. I added a little extra liquid and the result was even better (fluffier).