

## **Stephanie Alexandra Allergy Alternatives**

The Stephanie Alexander Kitchen Garden Program (SAKGP) is specially designed to introduce pleasurable food education to students during their learning years to form positive food habits for life.

**<https://www.kitchengardenfoundation.org.au/>**

### **MAG Policy**

No peanuts, tree nuts and sesame in recipes

### **Ingredients to suit individual dietary requirements and allergies.**

- Plain, Self-raising and wholemeal flours are replaced with Gluten free flours.
- Dairy products (cheese, milk, yoghurt, butter, cream) are replaced with lactose free products
- Dairy products (cheese, milk, yoghurt, butter, cream) are replaced with Vegan products
- Meat/ fish/seafood/crustacean products are replaced with pulses and vegetables for vegetarian products
- Eggs are replaced with a vegan alternative
- Chocolate is replaced with lactose free and vegan free chocolate alternative
- Sugars are replaced with a sugar alternative for diabetics
- Soy is replaced with an alternative

If you have any concerns about your child eating any of the recipes below, including the replacement ingredients, please contact me and provide an alternative snack for them to consume so they are still able to participate in the program.

### **Term 1 Recipes**

1. Apple and carrot muffins
2. Leafy Salad with French dressing
3. Fruit Salad
4. Tomato and Basil pizza
5. Lemonade scones with cream and jam
6. Tortillas with Beetroot Raita
7. Chocolate Easter Treats

Recipes can be found online and will be posted in the MAG newsletter each school term.

Students are encouraged to try new foods and tastes.

Please contact Mrs Pinson on [apinson@moamagrammar.nsw.edu.au](mailto:apinson@moamagrammar.nsw.edu.au) for any queries.