

Allergy Adventures® Workshop

School activities and craft materials where **allergens** can lurk.

Always check every product label before using, ingredients and manufacturing processes can change over time.

ITEM/ ACTIVITY	ALLERGEN	DESCRIPTION	ALTERNATIVE
PLAYDOUGH	WHEAT	It's a classroom staple, but often loaded with wheat flour. There are gluten-free playdough recipes available online, but the colour is not always as intense.	Skwooski make bright, stretchy, wheat and gluten-free playdough or use plasticine/clay
GROWING CRESSHEADS	EGG MUSTARD (if used as an alternative to cress)	Eggshells are sometimes used to grow 'cressheads'. Shells are decorated with funny faces, so the cress will resemble hair as it grows.	Plastic pots or use an old pair of tights
FOOD COLLAGES	PEAS BEANS LENTILS WHEAT (Pasta) SOYA	Making creative picture collages by gluing dried pasta and various legumes (peas, beans, and lentils) to sheets of paper. Children that are allergic to peanut may also react to other legumes.	Buttons, beads, fabric, tissue paper, felt, card, magazine cut-outs.
MAKING: MINI BEAN BAGS/ HACKY SACKS/ MUSICAL 'SHAKER'	LENTILS BEANS PEAS	Legumes can also crop up in other classroom activities. 'Make-your-own' musical 'shakers', mini bean bags and hacky sacks are sometimes filled with beans, and peas.	Buttons, beads, pebbles
JUNK MODELLING	(VARIOUS)	Crumbs and sticky residue can still remain on/in empty food packets. Wash them thoroughly with soap and hot water before using.	Non-food containers
PAINTS	SOYA WHEAT MILK EGG	These allergens can be found in some paints to help with consistency, application and appearance.	Brian Clegg Paints brianclegg.co.uk
CHALK	MILK	Milk protein (casein) can be used in some low-dust chalks, which can cause asthma-like symptoms in those with a milk allergy.	Crayola chalks
PAPIER MÂCHÉ PASTE	WHEAT	Traditionally this paste is made using wheat flour and water. If using balloons to cover with papier mâché, please note they contain latex which is also a common allergen.	A mix of PVA and water Latex-free balloons
POTTING SOIL	PEANUT TREE-NUT	Kids love to grow stuff. But some potting soils have been known to use tree-nut shells and peanut shells to aerate the soil.	Check product labels for a safe alternative
SANDPIT TABLES	LENTILS	Probably quite rare, but it has been known to see sandpit tables filled with lentils (legume). Children that are allergic to peanut may also react to other legumes.	Stick with sand - much safer!
HAND SOAP	MILK TREE-NUT PEANUT WHEAT SOYA	These allergens can be used for consistency, fragrance, and to promote the use of natural ingredients and their benefits	Check product labels for a safe alternative

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A world of serious fun