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BY CATER CARE

Allergy-Safety Checklist for Schools

This dietitian-reviewed checklist is designed to help school leaders, boarding staff, and catering teams reflect on the everyday practices that support safer, allergy-aware catering environments. Use this checklist to review each practice against what your team consistently delivers.

Section 1: Training & Allergy Awareness

Does your team:

- Provide ongoing allergy safety and anaphylaxis risk management training?
- Ensure all catering staff know when to escalate questions rather than guess?
- Support both permanent and casual staff with allergy safety procedures?
- Encourage a culture where food safety questions are welcomed?
- Reinforce the importance of admitting when ingredients are unknown?

Practical Tip

Allergy safety depends on structured systems that work even on the busiest days

Section 2: Ingredient Management & Food Labelling

Does your catering operation:

- Clearly label allergy-friendly items?
- Store allergy-friendly ingredients separately where appropriate?
- Double-check ingredients for allergens before service?
- Consider less common dietary needs and allergens?
- Use systems that reduce the risk of miscommunication or mislabelling?

Practical Tip

One missed ingredient or shared utensil can have serious consequences.

Section 3: Student Dining Experience

Does your service approach:

- Help students feel safe and included at mealtimes?
- Protect student dignity during meal service?
- Allow students to make choices from safe options available to them?
- Reduce the likelihood of students feeling singled out because of allergies?
- Support students who may lack confidence speaking up about allergies?

Practical Tip

Food should feel joyful, not fearful.



Section 4: Inclusive Menu Design

Do your menus:

- Aim to be inclusive by default where possible?
- Consider opportunities for allergy-friendly recipe substitutions?
- Support students with religious, ethical or medical dietary needs?
- Avoid making students feel like the "special case"?
- Balance safety with meal enjoyment and variety?

Practical Tip

Inclusive food design is about more than substitutions.

Section 5: Communication & Continuous Improvement

Does your school:

- Encourage open communication with parents and students?
- Welcome questions about food ingredients and preparation?
- Review allergy safety practices regularly?
- Gather feedback from families or school communities?
- Continue improving systems as student needs evolve?

Practical Tip

Allergy-safe catering is not a checkbox - it's a culture.

Source:

gather by Cater Care Blog – [“Allergy-Safe Catering in Schools”](#)

Looking to strengthen allergy safety in your school? Discover how a specialist catering partner like gather supports community, safety, and inclusion for every student.



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