

Menu planning for children's education and care

Sesame Allergy



Key Information

- Children who are allergic to sesame must not be served foods made from sesame or foods that contain sesame as an ingredient.
- It is acceptable for a service to not include sesame products on the menu. Sesame is not a major food for children and removing sesame and sesame products from the menu will not affect overall nutritional intake.



Providing food and drinks to children with sesame allergy

This fact sheet is for cooks and chefs working in children's education and care.

All food allergies must be taken seriously, and staff should know how to manage an allergic reaction. For information and guidance about managing food allergy, see the National Allergy Council's [Best Practice guidelines](#) for anaphylaxis prevention and management in children's education and care.

For more information on preparing and serving food for children with food allergies, complete the National Allergy Council's [All about Allergens for Children's education and care course](#) and download the National Allergy Council's [All about Allergens for Children's education and care booklet](#).

The Healthy Eating Advisory Service course, [Managing allergies and other dietary requirements in children's education and care](#), should then be completed. You will find a micro-module specific to managing [sesame allergy](#) within this course.

Developed in partnership with the [National Allergy Council](#). For further food allergy information, visit foodallergyaware.org.au.

**national
allergy
council**

Reading food labels for sesame

It is important to check the labels of all packaged foods for sesame as an ingredient.

You should also check for precautionary allergen labelling for sesame, for example 'may be present' or 'may contain' statements.

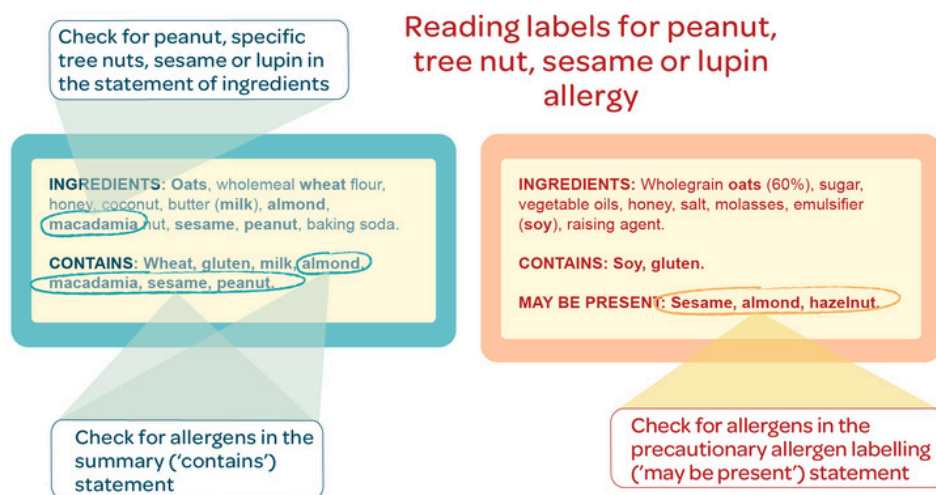
These products must not be given to children with sesame allergy.

If you notice a food does not have a label, ask the supplier for a product information form.

You should read food labels for sesame each time you buy the product, when it is delivered, and when you serve the food or before you use it in cooking for a child with sesame allergy.



For more information, refer to the [Reading food labels for food allergens](#) section of the National Allergy Council's Food Allergy Aware website.



Food label image source: [National Allergy Council](#)

Reviewing your menu for sesame

Foods that contain sesame, or likely to contain sesame as an ingredient, are listed below. Check the [Menu planning guidelines for long day care](#) for more information on foods to include on your menu as some of the foods listed as examples do not meet the menu planning guidelines.

Foods and drinks containing or likely to contain sesame. Always check the label.

- | | |
|--|---|
| <ul style="list-style-type: none"> • Sesame • Sesame seeds • Sesame snacks • Sesame oil • Sesame salt (gomasio) • Dukkah • Halva • Hummus • Pasteli (Greek honey sesame bars) | <ul style="list-style-type: none"> • Tahini (sesame paste) • Breakfast cereals • Bread • Biscuits, cakes, bakery products • Dips and spreads • Herbs and spices • Marinades and dressings • Muesli and muesli bars • Turkish bread |
|--|---|

Planning meals for children with sesame allergy

Sesame is not a core food for children. Removing sesame, or sesame containing products, from the menu will not affect the overall nutritional intake for children.

Most centres therefore choose to exclude sesame products from their menu for all children. This is an acceptable risk management strategy. Children who are not allergic to sesame can eat these products at home.



For food swap ideas, see the National Allergy Council's [Ingredient Substitution Tool](#) for foods you can use to replace sesame in recipes.



Storing, making, and serving food for children with sesame allergy

Children with sesame allergy can react to very small amounts of sesame in their food.

Make sure you have good food allergen management processes to prevent the risk of cross contamination from foods that contain sesame.

This includes:

- cleaning surfaces and equipment
- storing food safely for allergies
- preventing cross contamination of food allergens during cooking and serving
- washing hands or changing gloves in between handling different foods.





More helpful resources and information

For more information see the National Allergy Council's [All About Allergens training for Children's education and care](#) and [All about Allergens for Children's education and care booklet](#), and the Healthy Eating Advisory Services [Managing allergies and other dietary requirements in children's education and care](#) online course.

Further information and support

Healthy Eating Advisory Service:

- Early childhood services
- Recipes
- Menu planning guidelines for long day care
- Online module: [peanut, tree nut, sesame and lupin allergy](#)

National Allergy Council:

- All About Allergens training for Children's education and care
- All about Allergens Resource Hub (Children's Education and Care section)



We're here to support you

Visit our website:

heas.health.vic.gov.au

☎ 1300 225 288

✉ heas@nutritionaustralia.org.au

Developed by the Healthy Eating Advisory Service in partnership with the National Allergy Council.



The Healthy Eating Advisory Service is delivered by National Nutrition Foundation, with support from the Victorian Government.



The [National Allergy Council](#) is a partnership between Allergy & Anaphylaxis Australia and the Australasian Society of Clinical Immunology and Allergy (ASCI) and receives funding from the Australian Government Department of Health, Disability and Ageing.

To receive this document in an accessible format
phone 1300 22 52 88 or email heas@nnf.org.au



Copyright © State of Victoria 2025.

Except where otherwise indicated, the images in this document show models and illustrative settings only, and do not necessarily depict actual services, facilities or recipients of services. This document may contain images of deceased Aboriginal and Torres Strait Islander peoples. In this document, 'Aboriginal' refers to both Aboriginal and Torres Strait Islander people. 'Indigenous' or 'Koori/Koorie' is retained when part of the title of a report, program or quotation.