

Messy Sensory Play Allergy Information

NOVEMBER 2025





WIGSTON MENPHYS NURSERY SCHOOL

Messy Food Play





Throughout the year we like to provide our children with opportunities to explore different textures including foods. These are woven into different areas of learning, for example breakfast wheat biscuits when we have farm small world. Noodles when we are exploring Chinese new year, or used as part of story time.

The items listed are some of the items that we might use over the course of the year, therefore if your child's allergies change or they develop new ones it is really important that you let us know so we can avoid items that could cause a reaction. Class staff will check the allergy information on the packaging before using the item in class.

If you do not want your child to use any of the items listed below for messy sensory exploration, please inform the office via phone or email so class staff are aware.

<p>Cornflour</p>		
<p>Wibble - Vegan Jelly - Raspberry / Strawberry</p>		<p>Raspberry Ingredients</p> <p>Sweeteners (Erythritol, Steviol Glycosides from Stevia), Fruit Sugar, Acidity Regulators (Potassium Citrate, Citric Acid), Gelling Agent (Carrageenan), Natural Raspberry Flavouring, Colour (Beetroot Red)</p> <p>Strawberry Ingredients</p> <p>Sweeteners (Erythritol, Steviol Glycosides from Stevia), Fruit Sugar, Acidity Regulators (Potassium Citrate, Citric Acid), Gelling Agent (Carrageenan), Natural Strawberry Flavouring, Colour (Beetroot Red, Beta Carotene)</p>
<p>Tesco Wheat biscuits</p>		<p>INGREDIENTS:</p> <p>Wheat (95%), Barley Malt Extract, Sugar, Salt, Niacin, Iron, Thiamin, Riboflavin, Folic Acid.</p> <p>Allergy Information</p> <p>Contains barley and wheat. For allergens, including cereals containing gluten, see ingredients in bold.</p>
<p>Weetabix</p>		<p>Ingredients</p> <p>Wholegrain Wheat (95%), Malted Barley Extract, Sugar, Salt, Niacin, Iron, Riboflavin (B2), Thiamin (B1), Folic Acid</p> <p>Allergy Information</p> <p>For allergens including Cereals containing Gluten, see ingredients in bold.</p>

Bread		<p>Ingredients</p> <p>INGREDIENTS: Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Water, Yeast, Salt, Preservative (Calcium Propionate), Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Spirit Vinegar, Rapeseed Oil, Flour Treatment Agent (Ascorbic Acid).</p> <p>Allergy Information</p> <p>For allergens, including cereals containing gluten, see ingredients in bold</p>
Bread		<p>Ingredients</p> <p>Wheat Flour [with Calcium, Iron, Niacin (B3) and Thiamin (B1)], Water, Yeast, Salt, Vegetable Oils (Rapeseed and Sustainable Palm), Soya Flour, Preservative: Calcium Propionate, Emulsifiers: E472e, E481, Flour Treatment Agent: Ascorbic Acid (Vitamin C)</p> <p>Allergy Information</p> <p>This product is produced in a bakery which uses Milk and Sesame Seeds. For allergens, including Cereals containing Gluten, see ingredients in bold.</p>
Tesco Medium Egg Noodles		<p>INGREDIENTS:</p> <p>Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pasteurised Egg (4.5%), Salt, Colour (Beta-Carotene), Firming Agents (Potassium Carbonate, Sodium Carbonate), Acidity Regulator (Citric Acid).</p> <p>Allergy Information</p> <p>For allergens, including cereals containing gluten, see ingredients in bold.</p>

<p>Rice noodles</p>		<p>Ingredients</p> <p>Rice 95%, Tapioca Starch 5%</p> <p>Allergy Information</p> <p>Free From: Gluten</p>
<p>Tesco Rice Snaps</p>		<p>Tesco Rice Snaps:</p> <p>Ingredients</p> <p>Rice, Sugar, Barley Malt Extract, Salt, Iron, Niacin, Pantothenic Acid, Riboflavin, Vitamin B6, Thiamin, Folic Acid, Vitamin D, Vitamin B12</p> <p>Allergy Information</p> <p>For allergens, see ingredients in bold</p>
<p>Kellogg's Rice Krispies</p>		<p>Kellogg's Rice Krispies:</p> <p>Ingredients</p> <p>Rice, Sugar, Salt, Barley Malt Extract, Niacin, Iron, Vitamin B6, Riboflavin, Thiamin, Folic Acid, Vitamin D, Vitamin B12</p> <p>Allergy Information</p> <p>May contain Gluten from other Cereals. For allergens see ingredients highlighted in bold.</p>
<p>Stockwell Baked Beans</p>		<p>INGREDIENTS:</p> <p>Haricot Beans (44%), Tomato Purée (27%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Maltodextrin, Paprika Extract, Clove Extract, Capsicum Extract, Flavouring.</p>

Porridge Oats



Ingredients

Oat Flakes.

Allergy Information

Also, may contain wheat., For allergens, including cereals containing gluten, see ingredients in bold.