

March 31, 2014

Dear Parent/Guardian:

As there is a student in your child's class with a sesame allergy you must **NEVER send sesame or sesame products to school**. **ALWAYS read the food labels**. This is a matter of life or death.

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Sesame

Sesame seeds are small oval seeds that are edible and can yield oil. The seeds are creamy white or charcoal black in color.



Other names for sesame seeds:

- Benne, benne seed, benniseed
- Gingelly, gingelly oil
- Seeds
- Sesamol, sesamolina
- Sesamum indicum
- Sim sim
- Tahini, Tahina
- Til
- Vegetable oil

Possible sources of sesame seeds:

- Baked goods, e.g., hamburger buns, multi-grain breads & bagels
- Bread crumbs, bread sticks, cereals, crackers, melba toast, muesli
- Dips, patés, spreads such as hummus
- Dressings, gravies, marinades, salads, sauces, soups
- Ethnic foods such as flavoured rice, noodles, shish kebabs, stews and stir fry
- Flavour(ing)
- Herbs, seasoning, spice
- Margarine
- Processed meats, sausages
- Risotto (rice dish)
- Sesame oil, sesame salt
- Snack foods e.g., bagel chips, pita chips, pretzels, rice cakes, sesame snap bars, candy, Halvah
- Tahini
- Tempeh
- Vegetarian burgers

Your cooperation is mandatory and appreciated.