

June 12, 2024

Dear parents of a child with food allergies,

Nakayoshi Gakko is starting soon! We are the cooking teachers and wish to let you know how we plan to work with your child and his/her allergies. With so many students, there may be multiple allergies to food ingredients that make it very difficult to plan activities.

In the past we have had children allergic to some or all of the following foods: eggs, soybeans, soy sauce, soybean oil, wheat, all corn products including cornstarch and corn oil, all nuts, peanuts, peanut oil, wheat, shellfish (crab, shrimp, oyster, clam), fish (dashi), bananas, watermelon, strawberries, melon, papaya, tropical fruit, caramel coloring, avocado and milk. Eliminating these ingredients means we cannot make many traditional Japanese dishes and sauces. This affects most of the 40 dishes we may choose to prepare.

If your child will have a severe or fatal reaction to even touching a food we suggest they be scheduled into an alternate activity. If they can prepare but not eat the food then they can participate in the activity and take the food home for others to eat. We can provide recipes for the dishes so families may alter recipes to avoid specific allergens.

The safest policy is for the child to not eat foods that have unknown ingredients. The child should be responsible for knowing what they can and cannot eat. We think it is best for them to advocate for themselves. We appreciate parents taking the responsibility to provide substitutions for their child when they know they cannot eat the snacks provided by Nakayoshi Gakko.

We are very sensitive to a child's feelings about being treated differently and want them to experience the fun of cooking, so we will do our best to provide plain rice and some substitutions when it can be easily done. We plan on using safflower or canola oils to accommodate allergies to some of the oils. We will not be using any nuts in our dishes.

We also add garnishes, introduce tastes of unusual foods, change the side dishes to keep it interesting so other foods in addition to the main project could be available that day.

We can have gloves available for kids to use as long as they are not allergic to latex. Please call Cathy at (408) 431-4541 or email at: catnakamura@comcast.net if you have any questions.

You may also call Irene Nishimoto at (408) 504-6553 if you have concerns about a child in the Ryu or Tsuru classes.

Sincerely Yours,

Cathy Nakamura and Irene Nishimoto

Nakayoshi Gakko Cooking Teachers.