FOOD ALLERGY FACT SHEET

Managing Food Allergies: School Nutrition Directors

1. Participate in the district or school food allergy management team.
- Participate in a district or school food allergy management team to create and implement a food allergy policy.
- Incorporate procedures from the district or school emergency plan that address allergic reactions into your Standard Operating Procedures (SOPs).
- Offer to help write a food allergy plan if your school or district does not currently have one.
- Evaluate the policy annually and ensure implementation.
- Write the school nutrition portion of the district or school food allergy policy.

2. Participate in team meetings for individual students with food allergies.
- Meet with a team to discuss a student's individual food allergies.
- Work with team members, in particular, the school nurse and parents, to obtain a medical statement and Food Allergy Action Plan/Emergency Care Plan for the student with allergies.

3. Create and implement food allergy procedures for school nutrition program.
- Follow your state and Federal disability laws, and the USDA regulations regarding students with food allergies.
- Monitor, review, and update SOPs for food allergy compliance.
- Provide food allergy training for staff.
- Food allergy procedures should address:
    - Responding to a food allergy emergency
    - Identifying students with food allergies while keeping information confidential regarding students with food allergies
    - Providing allergy information for menus, à la carte items, and food prepared for field trips to parents/guardians
    - Discouraging students from sharing or trading food, drinks, straws, or utensils
    - Encouraging handwashing before and after eating
    - Following food production and cleaning procedures to prevent cross-contact
    - Reading ingredient labels
    - Keeping ingredient labels for the recommended 24 hours after the food is served in case of an allergic reaction
    - Maintaining contact information for vendors to obtain food ingredient information
    - Signing up for food recall alerts on the Federal government's food safety website: www.recalls.gov
    - Reporting bullying in the cafeteria

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References

Centers for Disease Control and Prevention. (2013). *Voluntary guidelines for managing food allergies in schools and early care and education programs*. www.cdc.gov/healthyyouth/foodallergies/

Institute of Child Nutrition. (2018). *Food allergies for school nutrition directors*. https://theicn.org/food-safety

Institute of Child Nutrition. (2016). *Serving safe food to students with food allergies sample SOP*. https://theicn.org/food-safety

U.S. Department of Agriculture. (2017). *Accommodating children with disabilities in the school meal programs: Guidance for school food service professionals*. https://www.fns.usda.gov/2017-edition-accommodating-children-disabilities-school-meal-programs

U.S. Food and Drug Administration. (2018). *Food allergen labeling and consumer protection act of 2004 (FALCPA)*. https://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/Allergens/ucm106187.htm

U.S. Food and Drug Administration. (2018). *What you need to know about food allergies*. https://www.fda.gov/food/buy-store-serve-safe-food/what-you-need-know-about-food-allergies

For More Information

American Academy of Allergy, Asthma & Immunology
http://www.aaaai.org

Centers for Disease Control and Prevention
http://www.cdc.gov/healthyschools/foodallergies

Food Allergy Research & Education
http://www.foodallergy.org

USDA National Agricultural Library
http://www.nal.usda.gov

Food Insight (website sponsored by International Food Information Council Foundation)
http://www.foodinsight.org

Institute of Child Nutrition
http://www.theicn.org/foodsafety

National Institute of Allergy and Infectious Diseases
http://www.niaid.nih.gov

National Resource Center for Health and Safety in Child Care and Early Education
http://nrckids.org

School Nutrition Association
http://www.schoolnutrition.org

U.S. Department of Agriculture
https://www.fns.usda.gov/food-safety/food-safety-resources

U.S. Food and Drug Administration
Food Allergens
http://www.fda.gov/Food/IngredientsPackagingLabeling/Food-Allergens/default.htm

Please email helpdesk@theicn.org for more information.

06/23/2020

Institute of Child Nutrition