FOOD ALLERGY FACT SHEET

Managing Food Allergies: School Nutrition Staff

1. Know your district or school food allergy policy.

- Read your district or school food allergy policy.
- Understand your role in keeping students with food allergies safe.
- Know how to activate the school's emergency action plan if a student has an allergic reaction.

2. Be familiar with each student's medical statement and Food Allergy Action Plan.

- Follow the instructions in the student's medical statement.
- Understand each student's Food Allergy Action Plan/Emergency Care Plan and keep in a place that is easy to find.
- Seek clarification if the medical statement is not clear. Ask your manager or director to contact the parent/ guardian, if necessary. Do not serve a child with a food allergy any food that is suspected to possibly contain or have come in contact with an allergen.
- Know your school's system to identify students who have food allergies.
- Keep all student information confidential.

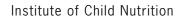
3. Read ingredient labels to check for allergens (foods that can cause allergic reactions).

- Most ingredient labels list the major eight foods causing allergic reactions using their common name (milk, eggs, peanuts, tree nuts, wheat, soy, fish, and crustacean shellfish).
- Check labels for warning statements such as "may contain," "produced on shared equipment," or "produced in a plant that uses." These foods should not be served to students with food allergies.
- Check labels for allergens on every product each time the product is purchased and received. Contact the manufacturer if the label is unclear.
- Maintain labels for a minimum of 24 hours after the food is served.

4. Avoid cross-contact when preparing and serving food.

- Wash hands with soap and water before and after each task. Using water alone or hand sanitizer alone does not remove allergens.
- Thoroughly wash, rinse, and sanitize all cookware before and after each use when preparing allergen-free foods. Warm, soapy water and friction are the only effective way to remove allergens.
- Wash, rinse, and sanitize all food contact surfaces before use.
- Designate an allergen-free zone in the kitchen. When working with multiple food allergies, set up procedures to prevent cross-contact.
- Follow standardized recipes exactly as written.
- Use serving utensils and gloves designated for allergen-free foods.
- Wash, rinse, and sanitize tables and chairs before and after each meal and as needed.





FOOD ALLERGY FACT SHEET

References

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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

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

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

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