

# FOOD ALLERGY FACT SHEET

## Managing Food Allergies: Child Nutrition Directors

### 1. Participate in the district or school food allergy policy team.

- Participate in a district or school food allergy 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. (See *Accommodating Children with Special Dietary Needs in the School Nutrition Programs: Guidance for School Food Service Staff* at [http://www.fns.usda.gov/cnd/Guidance/special\\_dietary\\_needs.pdf](http://www.fns.usda.gov/cnd/Guidance/special_dietary_needs.pdf)).

### 3. Create and implement food allergy procedures for school nutrition.

- Follow your state and federal disability laws and the U.S. Department of Agriculture (USDA) regulations regarding students with food allergies.
- Monitor, review, and update standard operating procedures 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 hand-washing before and after eating.
  - Following food production and cleaning procedures to prevent cross-contact.
  - Reading ingredient labels.
  - Keeping ingredient labels for at least 24 hours after food is served.
  - Maintaining contact information for vendors to obtain food ingredient information.
  - Signing up for food recall alerts on the federal government's food safety Web site: [www.recalls.gov](http://www.recalls.gov).
  - Reporting bullying in the cafeteria.



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## For More Information

American Academy of Allergy Asthma & Immunology  
[www.aaaai.org](http://www.aaaai.org)

Centers for Disease Control and Prevention  
[www.cdc.gov](http://www.cdc.gov)

Food Allergy & Anaphylaxis Network  
[www.foodallergy.org](http://www.foodallergy.org)

Food Allergy Initiative  
[www.faiusa.org](http://www.faiusa.org)

Food and Nutrition Information Center  
[www.nal.usda.gov](http://www.nal.usda.gov)

Food Insight (Web site sponsored by International Food Information Council Foundation)  
[www.foodinsight.org](http://www.foodinsight.org)

National Food Service Management Institute  
[www.nfsmi.org](http://www.nfsmi.org)

National Institute of Allergy and Infectious Diseases  
[www.niaid.nih.gov](http://www.niaid.nih.gov)

National Resource Center for Health and Safety in Child Care and Early Education  
[www.nrckids.org](http://www.nrckids.org)

School Nutrition Association  
[www.schoolnutrition.org](http://www.schoolnutrition.org)

U.S. Department of Agriculture  
[www.usda.gov](http://www.usda.gov)

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