

FOOD ALLERGY GUIDELINES

Secondary

Family Responsibility

- Notify school/school nurse of child's allergies
- Develop a prevention plan with school nurse to accommodate child's needs throughout the school day, including classrooms, cafeteria and school bus. Develop Emergency Food Allergy Action Plan
- Provide written medical documentation, instructions and medications as directed by the physician, using the Food Allergy Action Plan as a guide. Include a photo of your child on the form.
- Provide properly labeled medications and replace them when expired.
- If mutually agreed upon by the parent/guardian, physician and school nurse, the student may carry their own Epi-Pen and emergency supplies. However, the medical documentation and Emergency Food Allergy Action must be completed and kept on file in the Nurses' Office, as noted above.
- Provide and update emergency contact information
- Educate your child in self-management of their food allergy appropriate to their developmental level. Include:
 1. Safe/unsafe foods
 2. Strategies for avoiding exposure to unsafe foods
 3. Symptoms of an allergic reaction
 4. How and when to tell an adult they may be having an allergy-related problem
 5. Reading food labels

School Responsibility

- Annual Bus Driver Training about food allergies, symptoms of an allergic reaction and administration of Epi-Pen
- Staff education by the school nurse about food allergies, including recognition of allergic reaction symptoms and how to administer an Epi-Pen
- Prevention plan developed by school nurse with parent/guardian that accommodates child's needs throughout the school day, including classrooms, cafeteria and school bus. Develop Emergency Food Allergy Action Plan
- Plan shared, as appropriate, with teachers and support staff
- No peanut butter or nut sales in the school cafeterias
- No food in classrooms or unwrapped food in the halls
- Bake sales or any sale of competitive food and beverages are not allowed during the school day and the 30 minute period directly prior to and following the school day

- Food is permitted in designated areas (offices, conference rooms, Family/Consumer Science room) provided surfaces are cleaned after use and hands washed before returning to classrooms

Student Responsibility

- Do not trade food with others
- Do not eat anything with unknown ingredients or known to contain allergen(s)
- Be prepared to articulate allergens and identify key foods containing allergens, depending on developmental level
- Notify an adult if they eat something they believe may contain food to which they are allergic
- If carrying own Epi-Pen and emergency supplies, be sure they are properly labeled, secure and not shared with others. Be able to direct an adult to their location if needed

May 24, 2012