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
References

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

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