

# Food Allergies at School: Policies & Procedures That Work

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National Peanut Board<sup>SM</sup>

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# The BIG 8

- Milk
- Eggs
- Peanuts
- Tree Nuts
  - almonds, walnuts
  - cashews, pecans, others
- Fish
- Shellfish
- Soy
- Wheat



# Current Trends



4 out of 100  
children have a  
food allergy.

# The Food Service Challenge



## Balance

- Parental concerns
- Administrative pressure
- Financial responsibilities
- Customer needs

# Away From Home

- Accidental exposure to allergenic foods is higher when away from home.
- Teach staff/students the procedures to follow if a friend who has food allergies has a reaction.
- Make sure an **action plan** is on file with student health center and each establishment in which food allergic students may eat.

# Food Bans Are **Not** the Solution

- Critical for those with food allergies to learn how to manage a potential reaction.
- Complete guidelines and implementation kits are available from the Food Allergy & Anaphylaxis Network.

# Bans Can Be Dangerous

- Bans give food-allergic people a false sense of security.
- Bans do not encourage people to learn the skills they need to manage their disease effectively.
- Bans will not protect your operation in case of accidental exposure and litigation.

<http://www.foodallergy.org/school/guidelines/SchoolGuidelines.pdf>



# Food Allergy Action Plans



- Provide safe and enjoyable environment for all students.
- Involve students, parents, friends and staff.
- Allow food allergic students to lead the development of their action plan and educate others.



# Confidentiality

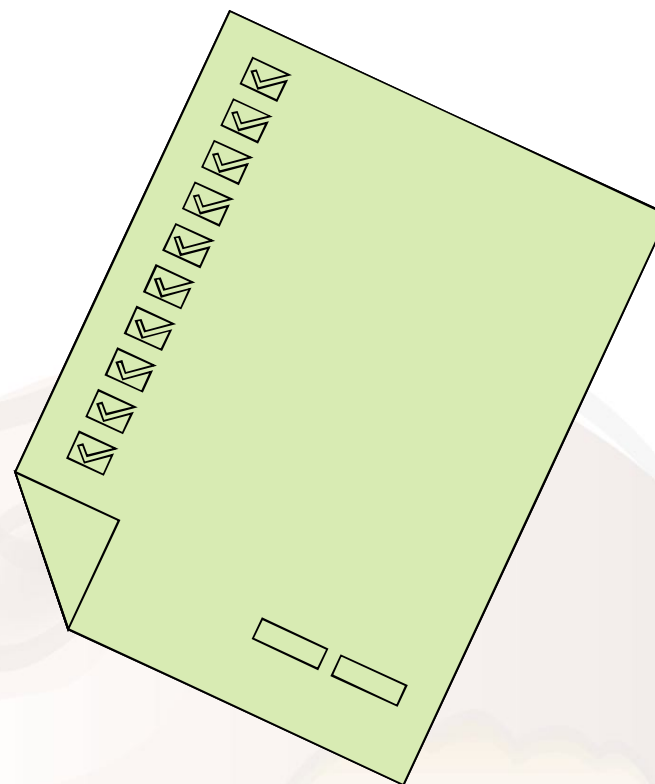
- All students have the legal right to have their health information treated with confidentiality
- All students deserve respect
  - Never refer to a student as “the peanut kid” or other nicknames
  - Handle things with quiet professionalism
- Understand parental anxiety
- Face your own anxiety and then:
- *Relax and enjoy all of these students!*

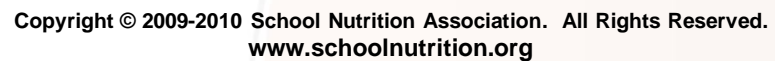
# Sample Action Plan

<http://www.foodallergy.org/downloads/FAAP.pdf>

## PART 1

- Name
- Birthday
- Allergies (food and others)
- Severity of reactions
- Photo





# Sample Action Plan

## PART 2

- Possible systems affected by food allergy
- Symptoms
- Treatment as prescribed by healthcare provider
  - Epinephrine or antihistamine

# Sample Action Plan

## PART 3

- Emergency calls
  - Rescue squad
  - Doctor
  - Parents
  - 2 additional emergency contacts
  - Release in case parent or guardian cannot be reached

# Sample Action Plan



## PART 4

- List of trained staff members and departments
- Instructions on how to use emergency equipment like Epipens

# The Food Allergen Labeling and Consumer Protection Act

- Went into effect in 2006
- Does not require manufacturers to list common allergenic ingredients resulting from shared equipment and cross contamination issues.
- Therefore, it still remains the responsibility of consumers to read labels carefully and call manufacturers to be sure that each food is safe for their unique allergy issues.



# Distributor/Manufacturer Support



**Pizza, 16" Cheese Pizza cut into 8 slices, must contribute a minimum of 2.5 oz meat/meat alternate, 3 1/4 servings bread/grains. Portion to provide a minimum of 390 calories with no more than 13 fat grams. Must contain a minimum of 3 grams of fiber, and less than 770 milligrams sodium. CN rated. Packed 9, 16" pizza's per case. Acceptable Brand: Big Daddy's® 78531 or approved equal.**

[www.schwansfoodservice.com/Products/ProductDetail.cfm?ProductID=78531&CategoryID=6127](http://www.schwansfoodservice.com/Products/ProductDetail.cfm?ProductID=78531&CategoryID=6127)

# Big Daddy's ® Harvest

## Nutritional Analysis

**Serving Size:** 1/8 pizza (5.53 oz/157g)

**Case Pack:** 9

### Amount per Serving

Calories 390.0000

Calories from Fat 120.0000

**Total Fat:** 13.0000 g(s)

**Saturated Fat:** 5.0000 g(s)

**Trans Fat:** 0.0000 g(s)

**Cholesterol:** 35.0000 mg(s)

**Sodium:** 830.0000 mg(s)

### Total

**Carbohydrate:** 46.0000 g(s)

**Dietary Fiber:** 3.0000 g(s)

**Sugars:** 6.0000 g(s)

**Protein:** 23.0000 g(s)

**Vitamin A:** 8.0000%

**Vitamin C:** 0.0000%

**Calcium:** 35.0000%

**Iron:** 15.0000%

\* Percent Daily Values are based on 2,000 calorie diet.

## INGREDIENTS

INGREDIENTS: CRUST: ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHITE WHOLE WHEAT FLOUR, WHEY PROTEIN CONCENTRATE, YEAST, CORNMEAL, ISOLATED SOY PROTEIN, SOYBEAN OIL, CONTAINS 2% OR LESS OF: SUGAR, SALT, WHEAT GLUTEN, PARMESAN CHEESE (PASTEURIZED CULTURED PART-SKIM MILK, SALT, ENZYMES), FLAVORING (WHEAT FLOUR, MODIFIED STARCH, ARTIFICIAL FLAVORS), DOUGH CONDITIONER (WHEY, AMMONIUM SULFATE, L-CYSTEINE), DATEM, DEXTROSE, MALTED BARLEY FLOUR, GUAR GUM, SOY LECITHIN, ASCORBIC ACID, ENZYMES (ENZYMES, SALT, WHEAT STARCH, DEXTRIN). TOPPING BLEND: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), MOZZARELLA CHEESE SUBSTITUTE (WATER, VEGETABLE OIL [CORN AND/OR SOY OIL], CHEESE SOLIDS, MODIFIED FOOD STARCH, RENNET CASEIN, SWEET WHEY, NONFAT DRY MILK, SODIUM ALUMINUM PHOSPHATE, SALT, CARAGEENAN, MAGNESIUM OXIDE, FERRIC ORTHOPHOSPHATE, VITAMIN A PALMITATE, NIACINAMIDE, ZINC OXIDE, PYRIDOXINE HYDROCHLORIDE [VITAMIN B6], CYANOCOBALAMIN). SAUCE: TOMATOES (WATER, TOMATO PASTE [NOT LESS THAN 28% SOLUBLE SOLIDS]), CONTAINS 2% OR LESS OF: MODIFIED FOOD STARCH, PARMESAN CHEESE (PASTEURIZED CULTURED PART-SKIM MILK, SALT, ENZYMES), SALT, MALTODEXTRIN, SPICES, NATURAL FLAVOR FLAVORING (POTASSIUM CHLORIDE, MALTODEXTRIN, AUTOLYZED YEAST EXTRACT, MODIFIED FOOD STARCH, DEXTROSE, NATURAL FLAVOR, SILICON DIOXIDE AND CITRIC ACID), PAPRIKA, GRANULATED GARLIC, CITRIC ACID, ONION POWDER, GARLIC POWDER



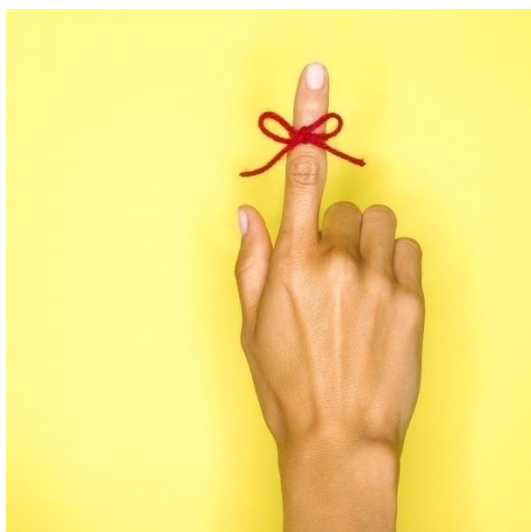


*Making the right food choices, together.*

Product	Brand	Manufacturer	Manufacturer Code #	Manufacturer Ingredient Statement confirms that the below products do not contain any peanut or peanut derivatives.	Manufacturer Allergen Statement confirms that this product was not produced in any facility containing other peanut products.	Manufacturer Allergen Statement confirms that GMP's <sup>1</sup> were followed to prevent cross contamination of allergens; product was manufactured in the same facility as peanut containing products.
Sausage Patty	Armour	Armour Ekrich	02878			
Tortilla Chips	Azteca	Azteca	20084	X	X	
Animal Crackers	BakeCrafters	BakeCrafters				
Mashed Potatoes	Excel	Basic American Foods	76468			
Margarine	Mrs Clark's	C.F. Sauer Co.	83340			
Tomato Soup	Campbells	Campbells	00016	X		X

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# Don't Forget



- Know what to avoid and substitute.
- Ask the parents of each student with a food allergy to provide a list of all food ingredients to be avoided.
- Do not rely on lists of "safe" prepackaged food, because ingredients can change often and without warning, making such lists out-of-date quickly.

# Let's Take Responsibility

- Family's responsibility
- School's responsibility
  - In the classroom
  - In the cafeteria
  - On field trips
  - Before- and after-school activities
- Student's responsibility



**Everyone has a part**

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# Family's Responsibility

- Schedule a meeting with school staff before the start of the school year to discuss avoidance strategies.
- Provide the school with a Allergy Action Plan (have your child's physician sign it).
- Provide medication dosage and administration instructions.
- Complete and submit all school required medical forms.
- Develop a plan for classroom parties, field trips and unexpected events.
- Communicate frequently with the teacher regarding classroom lessons and projects involving food.
- Role-play scenarios with your child so that he/she will know what to do in any situation.



# School's Responsibility

- Follow all applicable federal laws (i.e. ADA, Section 504 and FERPA) as well as state and district policies/guidelines that may apply.
- Have available appropriate forms from the parent along prior to the child attending school.
- Establish a core team comprised of Parent, Principal, Teacher, Student, Nurse, Cafeteria Manager and other personnel deemed necessary to make decisions about food allergies.



# School's Responsibility continued

- Create an emergency action plan for addressing life-threatening food based allergic reactions.
- Familiarize appropriate staff with a student's Individual Health Plan on a need-to-know basis.
- Provide in-service training for all staff including Nutritional Services, Transportation and Custodial Services regarding life-threatening allergies (include demonstration of how to use epinephrine).

# Responsibility in the Classroom

- Understand how to determine where allergens are found.
- Keep the classroom as allergen-free as possible (remove allergens - or the child - immediately if allergen is present) .
- Know your student and those students you supervise.
- Be prepared to follow your student's Plan.
- Notify parents (and principal) by written communication of any school related activities that require the use of food.

# Responsibility in the Cafeteria

- Provide in-service to Nutritional Services employees regarding safe food handling practices to avoid cross contamination with potential food allergens.
- Establish allergen-safe zones with an identifiable universal symbol as stated per procedures.
- Cleanse allergen-safe zones with separate wash buckets and cloths.
- Nutritional Services employees will use non-latex gloves.

# Responsibility on School Buses/Transportation

- Have functioning emergency communication devices on each bus.
- Maintain and reinforce policy of no food eating on the bus except for those medically documented needs, i.e., diabetics. In cases of medically documented needs, those students must bring allergen safe foods for eating on the bus.

# Responsibility on Buses continued

- Students with life-threatening allergies should sit immediately behind and to the right side of the bus driver when transporting to/from school.
- Bus drivers will not hand out food treats even on special occasions.
- Provide all students using district transportation with the transportation health concerns form and maintain a list of students with identified health concerns including anaphylactic risk.

# Responsibility on Field Trips

- According to federal law, concern about medication administration if a reaction were to occur is not a valid reason for keeping students from going on a field trip.
- Some ideas to help include all students in your field trips:
  - Review plans for field trips – avoid high-risk places; Consider how to handle eating situations; should parents send lunch or snacks.
  - Invite the student's parents to volunteer as helpers, if appropriate.
  - Store meals of children with food allergies separately to minimize cross contamination.
  - Be sure someone on the trip has the prescribed medications and knows how to use them if needed.
  - Discuss an emergency plan of action with the student's parents, school nurse and principal.

# Responsibility During Before and After School Activities

- Children will be under the supervision of at least one adult. Epinephrine Packet will be taken outside if specified in the child's Allergy Action Plan/Individual Health Plan for Accommodations. The epinephrine will be carried by a designated district employee or by the student with a completed Epinephrine Self-Administration Packet for Anaphylaxis.
- Emergency communication device (walkie-talkie, cell phone) will be accessible and functional.



# Responsibility During Before and After School Activities continued

- The Allergy Action Plan will be available for parents to copy and give to others who assume responsibility for their child.

Personnel may include:

- Before or after school activity instructors
- Coaches
- Overnight tournament sponsors or district chaperones
- Clubs, programs, or sports will maintain a list of students with severe life-threatening allergies. These individual programs will be responsible for obtaining this information from parent(s)/guardian(s).

# Responsibility During Before and After School Activities continued

- District employees will participate in in-service training about students with life-threatening allergies including demonstration of Epinephrine use.
- Review all snack ingredients prior to serving students.

# Student's Responsibility

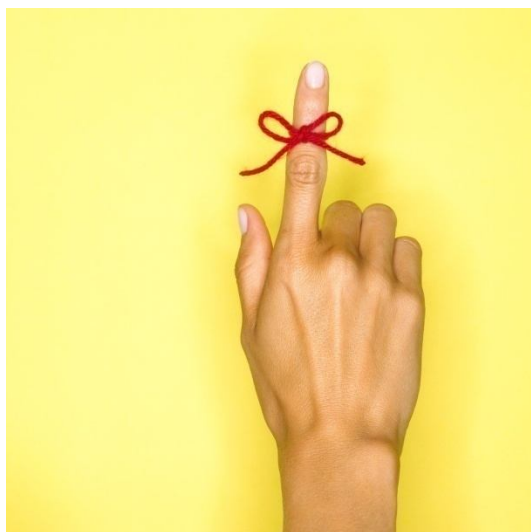
Students *should not*:

- Trade food or share drinks & utensils with others
- Eat anything with unknown ingredients or that is known to contain any allergen

Students *should*:

- Be proactive in the care and management of their food allergies and reactions based on his developmental level
- Understand the importance of hand washing before and after eating
- Notify an adult immediately if he eats something he believes may contain the food to which he is allergic
- Notify an adult if they are being picked on or threatened by other students as it relates to their food allergy.

# Don't Forget



- Develop cleaning procedures.
- Designate a person to be responsible for ensuring that lunch tables and surrounding areas are thoroughly cleaned before and after lunch.
- Use a designated sponge or cleaning cloth for the allergy-free tables to avoid cross contact



**PEANUT/NUT ALLERGENS**  
**Standard Operating Procedure**  
**Liberty Public School Nutrition Services Department**

**Policy:** To eliminate the risk of cross-contamination of food allergens in the food prep area and to identify food items that contain peanut/nuts that are prepared on-site. The following procedures need to be followed:  
**Procedure:**

**Food Prep Area:**

- Designate (1) work table in the prep area and/or receiving area specifically for the purpose of handling peanuts/nuts or any other designated “high risk” allergen.
- Prepare food items containing peanuts/nuts or other “high risk” allergens separately from other food products being prepared.
- When task is complete, wipe down the prep table with soapy water and approved sanitizing solution.
- Take all utensils used in preparation to the dish machine area or the 3 compartment dish sink to be sanitized and cleaned thoroughly.
- If peanut food product requires baking- bake separately from other food items. Ex. Peanut Butter cookies and Chocolate Chip cookies.
- Wash hands thoroughly with soap and water after handling any peanut/nut food items and prior to handling any other foods, to avoid cross-contamination.

**Foods prepared containing peanuts**

- Any food item that is prepared by school staff must be further labeled to indicate the food product contains peanut/nuts.
- The NS Department will begin to define food items on the menu that contain “nut” symbol where applicable.

# Key Points to Remember...

1. You are never alone.  
It takes a team to ensure the best for our students.
2. Educate, Educate, Educate.
3. Special events/Non-routine days.
4. Be safe, not sorry! Take all complaints from children with food allergies very, very seriously.

# Food Allergy Resources

- CIA Prochef e-learning series: Food Allergies Challenges and Opportunities in Food Service
  - <http://www.ciaprochef.com/foodallergies/index.html>
- IFIC: Understanding Food Allergy a Primer for Dietitians
  - <http://www.ific.org/adacpe/foodallergycpe.cfm>



# Future of Treatment

- Oral immunotherapy.
  - Under close supervision by health care professionals, patients swallow tiny but gradually increasing amounts of the foods that trigger their allergies, with the idea of building immunity. This method is being tested for peanut, egg and milk allergies. (Burks, 2008)

# Future of Treatment

- Food allergy herbal formula-2.
  - Known as FAHF-2, this pill (not available in stores) is based on a 2,000-year-old Chinese remedy. It contains nine botanicals, including ginseng and oil made from cinnamon tree bark. It is being tested for peanut, tree nut, fish and shellfish allergies.

# Misconceptions

- Peanut allergy is the most common allergen.
- Peanut allergy is the third most common in children falling behind milk and egg and is the fourth most common in adults falling behind milk, egg and shellfish.
  - In perspective, the American Academy of Allergy, Asthma and Immunology (AAAAI) statistics show that 6.9 million people are allergic to seafood and 3.3 million people are allergic to peanuts. (Munoz-Furlong, 2004)

# Misconceptions

- Airborne exposure can cause anaphylaxis.
- Airborne exposure is not systemic so therefore cannot cause anaphylaxis. Most symptoms include sneezing, running nose and coughing.

# Misconceptions

- Other nuts and nut butters are safe for those with peanut allergy.
- Most immunologists recommend people with a peanut allergy to also avoid tree nuts because of the possible cross-reactivity.

# Misconceptions

- Every exposure to peanut protein can increase the severity of future reactions.
- Symptoms vary from episode to episode. The severity of a reaction is dependent on many factors including: the amount of allergenic protein one is exposed to, route of exposure, current medical state and age.

# Resources

- The Food Allergy & Anaphylaxis Network (FAAN) ; Fairfax, VA;  
[www.foodallergy.org](http://www.foodallergy.org)
- MO Department of Elementary and Secondary Education (DESE)  
<http://dese.mo.gov/divadm/food/>
- National Association of School Nurses <http://www.nasn.org>
- American Academy of Allergy, Asthma and Immunology (AAAAI)  
<http://www.aaaai.org>
- Liberty Public Schools Life-Threatening Allergy Guidelines

# References

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