

WELLNESS AND HEALTH SERVICES:  
MEDICAL TREATMENT

FFAC  
(REGULATION)

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FOOD ALLERGY  
GUIDELINES

Food allergies are the leading cause of anaphylaxis outside the hospital setting. Data demonstrate that fatalities associated with anaphylaxis occur more often away from home and are associated with the absence or delayed use of epinephrine. Education and planning are the keys to establishing and maintaining a safe school environment. Allergic reactions can occur from inhalation, skin contact, and ingestion and may occur anywhere in the school, including the cafeteria, in the classroom, on the bus, or on the playground. Therefore, nurses, teachers, cafeteria workers, administrators, and bus drivers must be included in the care of the student with food allergies.

District cafeterias on all K-8 campuses will not serve foods containing peanuts, tree nuts, or nut oil products. However, the District cannot guarantee that products with nuts will never be present. Therefore, students with severe food or nut allergies must be taught to carefully monitor their food at all times.

The District along with parents has the shared responsibility of ensuring the safety of each child with food-related allergies from danger. The following sections describe the various roles stakeholders have in the protection of students with food allergies. The various responsibilities are as follows:

PARENTAL  
RESPONSIBILITY

1. When providing purchased snacks and other food products, send them to school with their students in the original containers.
2. Notify the school nurse of the student's allergies.
3. Work with the school nurse to develop an individual care plan, to include an emergency action plan, for their student.
4. Annually provide written medical documentation, instructions, and medications as directed by the

physician.

5. Provide properly labeled medications and replace the medications after use or upon expiration.
6. Educate student in self-management
  - Safe and unsafe foods
  - Strategies for avoiding exposure to unsafe foods
  - Symptoms of allergic reactions
  - How and when to tell an adult they may be having an allergic reaction
7. Provide emergency contact information.
8. Encourage their child to wear a medical alert bracelet.

CAMPUS  
ADMINISTRATOR  
RESPONSIBILITY

1. Be knowledgeable about and follow applicable federal and state laws as well as district policies that apply.
2. Review the health records submitted by parents and physicians.
3. Include information about food allergies and guidelines in campus/district handbooks and newsletters.
4. Be sure food-allergic students are included in school activities.
5. Designate school personnel who are properly trained to administer medications in accordance with the State Nursing and Good Samaritan Laws governing the administration of emergency medication and allocate time for training of all designated staff.
6. Maintain a list of all trained personnel.
7. Alert all parents of students in a classroom that there is a student with a severe nut allergy; all snacks must be sent to school in original containers. Request that parents not send snacks to school that contain peanuts, tree nuts, or nut oil products; encourage parents to send fruits, vegetables, and/or dairy snacks.

8. Ensure that all teachers have an up-to-date substitute folder complete with current medical need lists and care plans.
9. Work with the district transportation administrator to assure that school bus driver training includes symptom awareness and what to do if a reaction occurs.
10. Provide nut free tables in cafeteria and provide a “Nut Free” label for that specific table. (Students who purchase a school lunch may eat at a nut free table.)
11. Be sure the cleaning of tables is done with warm soap and water.
  - Separate cleaning cloth and water to clean the nut free table.
  - Students with nut allergies should not be required to clean tables to prevent cross contamination.
  - Encourage hand washing before and after lunch.

**CAMPUS NURSE  
RESPONSIBILITY**

1. Identify students with food allergies.
2. Compile individual health care/emergency action plan for students based upon medical documentation and information provided by parents.
3. Alert teachers about students in their class with food allergies.
4. Instruct teacher, bus drivers, administrators, and other school personnel regarding the symptoms of an allergic reaction, the use of the epi-pen, and other emergency management procedures.
5. Be sure medications are replaced when used or close to the expiration date.
6. Ensure epi-pens, inhalers and other vital medical devices/equipment are available at all times during the school day; they should be readily available during the day while the students are in attendance.

7. Facilitate the care and management of the student with food services, bus drivers, teachers and administrators.
8. Alert school personnel in any changes in the care or medical management of the student with food allergies.
9. Identify office personnel who will, in an emergency, obtain the emergency card, make copies, call parents and EMS, and send someone to wait for EMS to arrive.

TEACHER  
RESPONSIBILITY

1. Know the students in the class who have food allergies.
2. Be sure that class projects are free of the food allergens causing reactions.
3. Be knowledgeable about the signs and symptoms of an allergic reaction.
4. Be familiar with the appropriate steps to take should a reaction occur.
5. Be trained in the use of an epi-pen.
6. Ensure that snacks and party refreshments are free of the allergens causing reactions.
7. Be aware of field trips that could expose the student to food allergens.
8. Be sure substitute teachers are aware of students with nut allergies.

FOOD SERVICE  
RESPONSIBILITY

1. Be alert to the students who have food allergies.
2. Know what to avoid and what can be substituted.
3. Designate an area in the kitchen where allergy free meals are prepared as a “safe zone” if space is available to do so.

4. Work in partnership with the student's family to ensure a healthy and safe environment and provision of safe foods.
5. Develop appropriate cleaning procedures for tables and surrounding areas that are thoroughly cleaned before and after lunch.

**STUDENT  
RESPONSIBILITY**

1. Do not trade food with others.
2. Do not eat anything with unknown ingredients or known to contain any allergen.
3. Notify an adult immediately if something eaten may contain the food to which the student is allergic.
4. Be involved in their own care and self-management according to age appropriateness.
5. Wear a medical alert bracelet, if appropriate.

**BUS DRIVER  
RESPONSIBILITY**

1. Be alert to the students on the bus who have food allergies.
2. Know the signs and symptoms of an allergic reaction.
3. Know how to use an epi-pen.
4. Be familiar in the procedure to call 911 and report a reaction.
5. Route buses should not allow food or drink on the trip to and from school unless required by a medical condition.

**CUSTODIAN  
RESPONSIBILITY**

1. Be sure the cleaning of tables is done with warm soap and water. The cleaning of the tables will take place after lunch and after any after-school activity that has occurred in the cafeteria.
2. Separate cleaning cloth and water to clean the nut-free table.

DISTRICT  
ADMINISTRATION  
RESPONSIBILITY

1. Consider a “nut-free/peanut-free” event during sport seasons.

NOTE: Just because a product was safe the last time you purchased it, does not mean the ingredients have stayed the same! It is very important to read all labels all of the time. It is important to read product labels for all ingredients and to avoid obvious sources of peanut protein, such as peanut butter and peanut flour. Foods that contain peanuts or pea products may be labeled using words like *peanut extracts*, *ground nuts*, or *natural flavoring*. Common products that can contain peanuts: marzipan, chili, egg rolls, candy, baked goods, and Nu-nuts.

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