

Outline of Instruction

Allergens and Labeling Variance for Packaged Foods: Responding to Consumers in the School Cafeteria

Allergens

- Proteins
- Not eliminated by cooking or baking
- Occurs when body has specific immune response
- Can cause severe or fatal reactions

Big 8 Allergens

- Wheat
- Soybeans
- Fish
- Shellfish
- Tree nuts
- Peanuts
- Milk
- Eggs

Food Allergy Reactions

- •Non- anaphylactic symptoms
- •Anaphylaxis

State Agency – School Nutrition Services Role for the Labeling Variance

- Write and gain approval for the Variance
- Distribute the Division of Public Health Position Statement
- Provide information to School Nutrition Administrators
- Include allergen information in the HACCP Plan
- Develop continuing education lesson for School Nutrition staff

School Food Authority - School Nutrition Role for the Labeling Variance

- School Nutrition Administrator
- Person in Charge/Manager
- Food Employees

Employee Expectations

- Know how to read labels
- Avoid cross-contact of foods
- Respond to information requests honestly
- Seek additional information from the PIC when needed

Tips for reading labels

- Food Allergen Labeling and Consumer Protection Act
- List available from foodallergy.org
- "Contains" statements
- "May contain" statements

Avoiding Cross-contact

- Use clean utensils for each food
- Avoid spatters from one food to another
- Wash hands thoroughly with soap
- Practice effective surface cleaning

Responding to information requests

- Never guess about the content of foods
- If unsure of ingredients, check the label or recommend a food you know to be safe
- Ask the PIC/manager for assistance if unsure
- Assure the consumer that you will find someone who can assist with questions

References

• Food Allergy Research and Education (FARE). Retrieved from:

www.foodallergy.org

Centers for Disease Control (CDC). 2013. Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs. Retrieved from:

http://www.cdc.gov/healthyouth/foodallergies/pdf/13_243135_A_Food_Allergy_Web_508.pdf

• Centers for Disease Control (CDC). 2013. Food Allergies in Schools. Retrieved from:

<http://www.cdc.gov/healthyouth/foodallergies/>

QUESTIONS?

Contact your School Nutrition Administrator