Managing Food Allergies: Child Nutrition Directors

1. Participate in the district or school food allergy policy team.
   - Participate in a district or school food allergy 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.

3. Create and implement food allergy procedures for school nutrition.
   - Follow your state and federal disability laws and the U.S. Department of Agriculture (USDA) regulations regarding students with food allergies.
   - Monitor, review, and update standard operating procedures for food allergy compliance.
   - Provide food allergy training for staff.
   - Food allergy procedures should address:
     o Responding to a food allergy emergency.
     o Identifying students with food allergies, while keeping information confidential regarding students with food allergies.
     o Providing allergy information for menus, à la carte items, and food prepared for field trips to parents/guardians.
     o Discouraging students from sharing or trading food, drinks, straws, or utensils.
     o Encouraging hand-washing before and after eating.
     o Following food production and cleaning procedures to prevent cross-contact.
     o Reading ingredient labels.
     o Keeping ingredient labels for at least 24 hours after food is served.
     o Maintaining contact information for vendors to obtain food ingredient information.
     o Signing up for food recall alerts on the federal government’s food safety Web site: www.recalls.gov.
     o Reporting bullying in the cafeteria.
For More Information
American Academy of Allergy Asthma & Immunology
www.aaaai.org

Centers for Disease Control and Prevention
www.cdc.gov

Food Allergy & Anaphylaxis Network
www.foodallergy.org

Food Allergy Initiative
www.faiusa.org

Food and Nutrition Information Center
www.nal.usda.gov

Food Insight (Web site sponsored by International Food Information Council Foundation)
www.foodinsight.org

National Food Service Management Institute
www.nfsmi.org

National Institute of Allergy and Infectious Diseases
www.niaid.nih.gov

National Resource Center for Health and Safety in Child Care and Early Education
www.nrckids.org

School Nutrition Association
www.schoolnutrition.org

U.S. Department of Agriculture
www.usda.gov

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