

FOOD ALLERGY FACT SHEET

Managing Food Allergies: Child Nutrition Staff

1. Know your district or school food allergy policy.

- Read your district or school food allergy policy.
- Understand your role in keeping students with food allergies safe.
- Know how to activate the school's emergency action plan if a student has an allergic reaction.

2. Be familiar with each student's medical statement and Food Allergy Action Plan.

- Follow the instructions in the student's medical statement.
- Understand each student's Food Allergy Action Plan/Emergency Care Plan and keep in a place that is easy to find.
- Seek clarification from the parent/guardian if the medical statement is not clear.
- Know your school's system to identify students who have food allergies.
- Keep all student information confidential.

3. Read ingredient labels to check for allergens (foods that can cause allergic reactions).

- Most ingredient labels list the top eight foods causing allergic reactions using their common name (milk, eggs, peanuts, tree nuts, wheat, soy, fish, and crustacean shellfish).
- Check labels for warning statements such as "may contain," "produced on shared equipment," or "produced in a plant that uses." These foods should not be served to students with allergies.
- Check labels for allergens on every product each time the product is purchased. Contact the manufacturer if the label is unclear.
- Maintain labels for a minimum of 24 hours after the food is served.

4. Avoid cross-contact when preparing and serving food.

- Wash hands with soap and water before and after each task. Using water alone or hand sanitizer alone does not remove allergens.
- Wash, rinse, and sanitize all cookware before and after each use when preparing allergen-free foods.
- Clean and sanitize all food contact surfaces.
- Designate an allergy-free zone in the kitchen. When working with multiple food allergies, set up procedures to prevent cross-contact.
- Follow standardized recipes exactly as written.
- Use serving utensils and gloves designated for allergen-free foods.
- Clean and sanitize tables and chairs before and after each meal and as needed.



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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

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through an agreement with the National Food Service Management Institute at The University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. government.

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