



# How can you help students with severe food allergies stay safe in grades K-5?

From ANCS Allergy Management Policy and Guidelines, FARE (Food Allergy Research & Education, <http://foodallergy.org>), and the CDC Voluntary Guidelines for Managing Allergies in Schools ([http://www.cdc.gov/healthyyouth/foodallergies/pdf/13\\_243135\\_A\\_Food\\_Allergy\\_Web\\_508.pdf](http://www.cdc.gov/healthyyouth/foodallergies/pdf/13_243135_A_Food_Allergy_Web_508.pdf)).

## In the Classroom(s)

- Most importantly, know the allergens in your classroom or grade level. Be aware of any banned food(s). Ask if uncertain.
- Avoid the use of known allergens for snack, shared and cooked meals, celebrations, class projects and sales, crafts, and experiments.
- Use non-food items for incentives, rewards, treats, and gifts. Be especially aware on popular food and candy holidays such as Halloween and Valentine's Day.
- Know where epinephrine injectors and first aid kits are kept in the classroom(s). Post an allergic child's *Allergy/Anaphylaxis Action Plan* in a designated spot.
- Make sure all food entering the classroom has an ingredients label.
- Notify teachers several days in advance of bringing in a birthday or celebration treat. Advance planning allows parents and teachers of allergic children to plan for the occasion and to bring in a safe alternative.
- Wash hands before and after handling or eating food. Wash surfaces and utensils with warm, soapy water or an all-purpose cleaner.
- Consider where lunches and snacks are stored to avoid cross-contamination.
- Follow allergy guidelines, including a child's specific *Allergy/Anaphylaxis Action Plan*, in **all** related arts and student services classrooms and areas, including morning meeting. A student's epinephrine injector should go everywhere the student goes while at school.
- Encourage students to look out for each other and respect their differences. Do not allow students to tease a child about his/her allergies. Allergies are serious—they can be life-threatening and often make a student feel left out.

## In the Cafeteria, on the Playgrounds, and in the Gardens

- Bring students' epinephrine injectors to the cafeteria and outside to recess.
- Students, staff, and volunteers should wash hands before and after handling or eating food.
- Wash all tables and chairs with soapy water or an all-purpose cleaning product and clean towels after breakfast and each lunch period.
- Establish an allergen-free table where allergic students can sit with any classmates or friends who don't have an identified allergen in their meal.
- Discourage children from sharing food. Do not allow children to throw food.
- Know where epinephrine injectors are kept in the cafeteria. Use the cafeteria epinephrine injectors in case of an emergency.
- Do not take food out the playgrounds or in the gardens.
- When outside, have a way to immediately call 911.

## During Field Trips, After School, Enrichment Programs, and School-wide Events

- Do not exclude students with food allergies from trips, programs, activities, and events.
- Bring students' epinephrine injectors on any field trip. The epinephrine injector must stay with the allergic student at all times, even on buses and in cars.
- Be conscientious of any food or allergens that might be involved with the trip or event. Communicate when food will be involved.
- Ask field trip locations about possible allergens.
- Follow the same lunch and snack protocols on a trip as required in the classroom and cafeteria.
- Encourage children to wash hands.
- The same guidelines and policy apply to after school and enrichment programs as to the standard school day. A student's epinephrine injector must be with him/her at all times.

Severe food allergies can cause anaphylaxis. Only an epinephrine injector can stop anaphylaxis. Insect bites and stings and some chemicals can also cause anaphylaxis. For information and care about a specific student's allergies, ask a teacher or the school nurse to refer to the student's *Allergy and Anaphylaxis Action Plan*.