

# FOOD ALLERGY GUIDELINES

## ELEMENTARY

### **Family Responsibility:**

- Notify school/school nurse/bus driver of student's allergies.
- Develop, in conjunction with the school nurse, an individualized health care plan (IHCP) that will address prevention, management and individual emergency response. The IHCP will accommodate the student's needs throughout the school day, including classrooms, cafeteria, field trips, campus excursions and school bus.
- Provide written medical documentation, instructions, and medications as directed by the student's physician, using the IHCP as a guide. Include a photo of your student on the form.
- Provide properly labeled medications and replace when medication has expired.
- Provide and update emergency contact information annually.
- Educate your student in self-management of their food allergy appropriate to their developmental level. Include:
  - ✓ Safe/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 allergy-related problem
  - ✓ Reading food labels

### **School Responsibility:**

- Annual Bus Driver Training about food allergies, symptoms of an allergic reaction, administration of EpiPen.
- Staff education by school nurse about food allergies, including recognition of symptoms of an allergic reaction and how to administer an EpiPen.
- School nurse, in conjunction with parent/guardian, will develop IHCP.
- Classroom teacher, school nurse, and parent/guardian meet to review IHCP annually.
- Letter home to class indicating there are students in the classroom with allergies and requesting snacks containing known allergens not be sent to school.
- Allergy aware table(s) in the cafeteria. Custodians or designee cleans after each lunch.
- Classroom education around hand washing and importance of not sharing food.
- IHCP shared by school nurse with appropriate staff members (specialists, lunch monitors, custodians).
- Celebrations are food free.
- Provide advance notice to parent/guardian about Field Trips.

### **Student Responsibility:**

- Do not trade food with others.
- Do not eat anything with unknown ingredients or known to contain any allergen(s).
- Be able to articulate allergen(s) and identify key foods containing allergen(s) depending on developmental level.
- Notify an adult if they eat something they believe may contain a food to which they are allergic.