



# Managing Food Allergies in Schools

## What Schools Need to Know



## Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs

National Center for Chronic Disease Prevention and Health Promotion  
Division of Population Health



# Objectives

- Describe the symptoms of food allergies and life-threatening reactions.
- Identify three action steps for schools to prepare for and respond to food allergy emergencies.
- Identify three ways specific school staff can create and maintain healthy and safe classrooms and school environments for students with food allergies.



# Overview

- The guidelines can help schools manage the risk of food allergies and severe allergic reactions in students.
- Managing food allergies requires a partnership between families, health care providers, and schools.

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## Did you know?



About 20% of students with food allergies (1 of 5) will have a reaction while at school

- 4% of students are affected by food allergies, and the incidence is increasing.
- 1 of 5 students with food allergies will have a reaction while at school.
- 25% of severe food allergy reactions at school happen to students with no previous known food allergy.



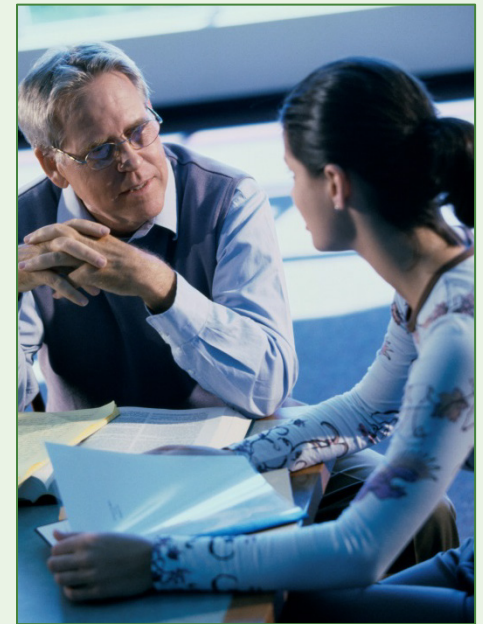
## Did you know?



- A food allergy is an adverse immune system reaction that occurs soon after exposure to a certain food.
- Food allergy symptoms can include multiple organ systems including, respiratory, gastrointestinal tract, skin, cardiovascular, and neurological.
- A severe life-threatening allergic reaction is called anaphylaxis.

# Food Allergy Management and Prevention Plan Priorities

- Ensure the daily management of food allergies for individual children.
- Prepare for food allergy emergencies.
- Provide professional development on food allergies for staff members.
- Educate children and family members about food allergies.
- Create and maintain a healthy, safe, and inclusive educational environment.



# Actions for School Administrators



- Lead school's planning for managing food allergies.
- Oversee the daily management of food allergies for students.



# Actions for School Administrators

- **Prepare schools to be ready to respond to food allergy emergencies:**
  - Ensure that response to food allergy emergencies is a part of each school's emergency plan.
  - Set up an easy-to-use communication system for staff who may need to respond to food allergy reactions and emergencies.





# Actions For Entire School Team

- Get **trained** and know now how to respond to food allergy emergencies!
- If anaphylaxis is suspected, **act!**
- **Plan!**



# Actions for Teachers and Paraeducators

- Help manage food allergies at your school.
- Help prevent food allergy emergencies.



# Actions for Teachers and Paraeducators

- Create and maintain a healthy, safe, and inclusive classroom.
- Create and maintain healthy, safe, and inclusive eating environments.
- Carefully plan field trips.



# Actions for School Nutrition Professionals

- Help prevent food allergy reactions in the cafeteria.
- Develop and follow procedures for handling food allergens in the cafeteria.





# Actions for School Mental Health Professionals

- Help with the daily management of students with food allergies.
- Support a healthy and safe school environment for students with food allergies.



# Actions for School Transportation Staff



- Help prevent food allergy emergencies.
- Support healthy and safe transportation.
  - Take immediate action if a severe food allergy reaction is suspected.

# Where can you find more information?

- *Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs.* Available at [www.cdc.gov/healthyyouth/foodallergies/](http://www.cdc.gov/healthyyouth/foodallergies/).
- Allergyhome. org resources for schools. Available at <http://www.allergyhome.org/schools/>.
- Food Allergy Resource and Education (FARE). Available at <http://www.foodallergy.org/resources/schools> .
- Michigan State University Extension, *Alternatives to Using Food as a Reward.* Available at [http://www.michigan.gov/documents/mde/foodrewards\\_290201\\_7.pdf](http://www.michigan.gov/documents/mde/foodrewards_290201_7.pdf).
- National Association of School Nurse (NASN), Food Allergy and Anaphylaxis Tool Kit. Available at <http://www.nasn.org/ToolsResources/FoodAllergyandAnaphylaxis>.
- NEA Health Information Network. *Food Allergy Book: What School Employees Need to Know.* Available at <http://www.neahin.org/educator-resources/foodallergybook.html>.

# Questions ?





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# Thank You ! !



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