

Kids with Food Allergies, a nonprofit support group for parents, recommends the following information be considered to give the child a safe food / school environment.

## **Food Allergy School Discussion Guide\***

- 1) Reviewing the Basics
  - What is a food allergy?
  - What causes an allergic reaction?
  - What are the symptoms of an allergic reaction?
  - What is the recommended treatment?
  - What is on my child's Food Allergy Action Plan?
  
- 2) Minimizing the Risk of Allergen Exposure
  - In the classroom:
    - Snacks
    - Birthday and Holiday Celebrations
    - Science experiments
    - Art projects
  - In the lunchroom:
    - Seating arrangements
    - School-provided meals  
(ingredient lists; cross-contamination prevention)
    - Sanitation protocols
    - Hand washing AFTER eating
    - Lunchroom monitors
  - In enrichment classes (music, PE, art)
  - During- before- and after- school activities
  - On the bus
  - On the playground
  - During special situations:
    - Field trips
    - Substitute teachers, substitute nurse, new personnel
    - School-wide festivals or other celebrations
  
- 3) Responding to a Food Allergy Medical Emergency
  - Annual training and education for staff on how to
    - (1) recognize symptoms of an allergic reaction and
    - (2) respond to a medical emergency
  - Where will the epinephrine auto-injector be kept? Who will have access?
  - What is the emergency protocol? (e.g., who will administer the epinephrine?, who will call the rescue squad?)
  - Does the emergency protocol need to be adapted to different scenarios? (e.g., what if the allergic reaction occurs on the playground? on a field trip? on the school bus?)

\*This guide is not meant to be exhaustive, but only illustrative of the kinds of topics that should be discussed with school personnel.

Always consult with your doctor for medical advice, diagnosis or treatment.