

Food Allergy Management for School Nutrition Professionals



New York State
EDUCATION DEPARTMENT
CHILD NUTRITION KNOWLEDGE CENTER

1 hour Professional Standards Training

1 in 13 Children has a Food Allergy



- The role of the immune system is to protect the body from germs and disease
- A food allergy is a medical condition in which exposure to a food triggers a harmful immune response
- When a person eats a food they are allergic to, the immune system attacks proteins in the food that are normally harmless.
 - The proteins that trigger the reaction are called allergens.

What is a Food Allergy?

Food Intolerance vs. Food Allergy

- A **Food Intolerance** affects the **Digestive System** and is not **Life Threatening**
- A **Food Allergy** affects the **Immune System** and can be **Life Threatening**



What is Celiac Disease?

- Autoimmune Disease
- Triggered by eating gluten-contained in wheat, rye, and barley products
- Damages the small intestine
- Interferes with nutrient absorption
- Symptoms vary



What is Anaphylaxis?



- A severe, life threatening reaction
- Requires immediate response and medical attention

What Foods Cause Allergic Reactions?

Most are caused by 8 Foods (“The Big 8”)





- Students requiring meal modifications must be identifiable to staff
- Staff must understand the meal modification required to each identified student

Identifying Known Allergens

Best Practices for Food Identification Procedures:

- Identification of allergens
- Maintain food labels from each food served to a child with allergies
- Maintain contact information of vendors to access food ingredient information
- Maintain Allergen List- The list is a reference, staff must still check labels

INGREDIENTS: SUGAR, UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), HYDROGENATED COCONUT AND/OR HYDROGENATED SOYBEAN OIL, DEFATTED SOY FLOUR, CORNSTARCH, MOLASSES, MALTED BARLEY FLOUR, SALT, PEANUT OIL, VANILLIN - AN ARTIFICIAL FLAVOR, CARAMEL COLOR, SOY LECITHIN.

CONTAINS: WHEAT, SOY.

MANUFACTURED ON EQUIPMENT THAT PROCESSES PEANUT, MILK.

Ingredients: Milk Chocolate (Sugar, Milk, Cocoa Butter, Chocolate, Vanilla), Corn Syrup, Whey, Cocoa Powder, Crisped Rice (Rice, Sugar, Salt, Malt), **Wheat** Flour, Soy Protein, Ovalbumin (**Egg**), Natural **Peanut** Flavor.



Ingredients: Milk Chocolate (Sugar, Milk, Cocoa Butter, Chocolate, Vanilla), Corn Syrup, Whey, Cocoa Powder, Crisped Rice (Rice, Sugar, Salt, Malt), Flour, Soy Protein, Ovalbumin, Natural Flavor.

Contains: Milk, Wheat, Soy, Egg, Peanuts

Know Your Ingredients!



The Flow of Food in the Kitchen

What is Cross Contact?

- Each process from receiving all the way to service of food can introduce an opportunity for cross-contact
- Cross-contact occurs when an allergen is inadvertently transferred from a food containing an allergen to a food that does not contain the allergen
- Cooking does not reduce or eliminate the chances of a person with a food allergy having a reaction to the food eaten

- Store allergen containing foods separately and clearly label foods.
- Scrub down counters and tables with soap and water before and after making allergen free food (use a new bucket of wash solution and cloth).
- Always wash your hands with soap and water before handling allergen free foods.
- If you are making several foods, cook the allergen free foods first and keep foods covered and away from other foods that may splatter.
- Always put on a new apron when handling an allergen free food.
- Use utensils, cutting boards and pans that have been thoroughly washed with soap and water or use a separate set of equipment.
- If you make a mistake, the allergen free food product will have to be made again
- Always identify special allergen free foods prepared for a student- label the food clearly and hold it separate from other foods.
- If a change of menu offering has to be made for a student with a food allergy, always check with your Director or their designee.

Best Practices

Recognizing an Allergic Reaction



Symptoms

- Skin rash, itching, hives
- Swelling of the lips, tongue or throat, trouble swallowing
- Shortness of breath, trouble breathing, wheezing
- Stomach pain, vomiting, diarrhea
- Anxiety and confusion
- Dizziness, feeling lightheaded, fainting

- My tongue feels big
- There is something stuck in my throat
- My skin is itching
- My tongue is burning or hot
- My lips feel tight
- My tummy hurts
- My eyes are itching or burning
- My chest is tight
- It feels like something is poking my tongue
- Something is wrong or Something bad is happening

Common Descriptions Used by Children

Responding Appropriately

- Seconds count, your quick action can save a life.
- Know your school district's food allergy policies and procedures.
- Always call the school nurse or designee.
- Do not leave the student alone and do not send the student to the school nurse alone.
- Remain available to assist as directed.
- If you are the first staff to observe symptoms of a reaction; be available to speak with first responders.



This concludes Food Allergy
Management for School Nutrition
Professionals

New York State Education
Department

- **Child Nutrition Program
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