

# EAST STROUDSBURG AREA SCHOOL DISTRICT

No. 210.2

SECTION: PUPILS

TITLE: FOOD ALLERGIES

ADOPTED: July 21, 2008

REVISED:

210.2. FOOD ALLERGIES	
1. Authority	<p>Any student having, a food allergy, who is enrolled or enrolling in a District School will be required to have a Food Allergy Action Plan completed by his/her physician/parent/guardian and placed on file in the school nurse's office.</p> <p>A list of all food allergies and food intolerances will be compiled by the school nurse for each building at the beginning of each school year, and update as needed. Lists will be distributed to each building principal and staff in each building.</p>
2. Definitions	<p><b>Food allergy</b> – An allergic reaction that occurs when the immune system responds defensively to a specific food protein when ingested.</p> <p><b>Food intolerance</b> - an adverse reaction to food that does not involve the immune system and therefore differs from a food allergy.</p>
3. Guidelines	<p>Foods brought into the school by parents/guardians/students, during school hours, to be shared among students, must follow <del>the district</del> guidelines <del>for the designated building</del>, must be purchased in stores, <u>pre-packaged in sealed, single serving sizes</u> and must contain <u>a complete list of ingredients on the package-declarations</u>.</p> <p>All staff members, including food service personnel, custodians and school bus drivers, will have training including symptom awareness and what to do if a reaction occurs.</p> <p>A “no eating” policy will be followed on all buses.</p> <p>Each building shall follow guidelines set up for students with food allergies or food intolerance in conjunction with the nutritional guidelines of the dietary department.</p> <p style="text-align: center;"><b>EAST STROUDSBURG SCHOOL DISTRICT ELEMENTARY SCHOOLS GUIDELINES FOR FOOD ALLERGY PROGRAM</b></p> <p><u>Guidelines For School Staff</u></p> <ol style="list-style-type: none"> <li>1. Parents/Guardians of food allergy students will complete a Food Allergy Action Plan with their physician and will provide evidence thereof to be maintained in the student's school records.</li> <li>2. Classroom staff will be informed of any students within their class that have a food Allergy or food intolerance.</li> </ol>

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3. Confidentiality will be maintained at all times.
4. Classroom staff will be knowledgeable of the student allergy or food intolerance, be able to recognize symptoms, and know what to do in an emergency.
5. Encourage parents/guardians to help organize class parties and other special events.
6. A suggested snack list will be sent home to each elementary parent/guardian, with the emphasis that this is just a suggestion and that labels still need to be read for any ingredients that need to be avoided.
7. Avoid cross contamination. Be sure students wash their hands with soap and water after eating.
8. The “no trading” of food in the cafeteria policy will be enforced.
9. Work with the food allergy or food intolerant student to not accept food from anyone, except a staff member.
10. Review lesson plans that involve food, making sure supplies are non-allergenic.
11. Keep information about each food-allergic or food-intolerant student, including the student’s name, in your class roster so that substitute teachers will be aware.
12. Review plans for field trips and plan ahead how to handle eating situations.
13. The school nurse will work with classroom teachers to plan for field trips, instructing the teacher on emergency medication.

Student Responsibility

1. Students will not trade food with others.
2. Students should not eat anything with unknown ingredients or known to contain any allergen.
3. Students should be proactive in the care and management of their food allergies or intolerances and reactions.
4. Students should notify an adult immediately if they eat something they believe may contain the food to which they are allergic.

Parent/Guardian Responsibility

1. Parents/Guardians will inform the school of any food allergy or intolerance.
2. Parents/Guardians will have a physician complete a Food Allergy Action Plan before the start of school or upon enrollment.
3. Parents/Guardians will provide the school with any medication needed for the treatment of an allergic reaction.
4. Parents/Guardians will inform the school of any changes in allergy or medications.

**EAST STROUDSBURG SCHOOL DISTRICT MIDDLE/HIGH SCHOOL  
GUIDELINES FOR FOOD ALLERGY PROGRAM**

Guidelines for School Staff

1. Parents/Guardians of food allergy or food intolerance students will complete a Food Allergy Action Plan with their physician for school records.
2. Classroom staff will be informed of any students within their class that have a food allergy or intolerance.
3. Confidentiality will be maintained at all times.
4. Staff will be knowledgeable of food allergies or intolerances, be able to recognize symptoms, and know what to do in an emergency.
5. Review lesson plans that involve food, making sure supplies are non-allergenic to students within the class.
6. Food used in lesson plans may need to be substituted according to the food allergy list for students within the class.
7. To avoid cross contamination, hand washing must be completed before and after food handling.
8. Keep information about each food-allergic or intolerant student, including the student's name, in your substitute folder so substitute teachers will be aware.
9. Review plans for field trips and plan ahead how to handle eating situations.
10. The school nurse will need to be informed of field trips to plan for emergency medication for students with food allergies.

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