

## Keep Students with Food Allergies Safe and Included

Please keep ALL of your students safe and included, especially in the classroom. Consider fun celebrations without food or find something special that ALL of your students can eat without worrying about accidental exposure.

Staff attitude about prioritizing safety and inclusion is the key to success.

Be proactive to prevent severe allergic reactions at your school.

*\*Bakery items often have cross contact with allergens, but that is not required on the label.*



### CDC National Guidelines for Managing Food Allergies in Schools

**“One in 13 children has food allergies, and nearly 40% have already experienced a severe allergic reaction. Many of these reactions happen at school.”**

“Every child at risk for anaphylaxis should have an individual written accommodation plan. The plan should include accommodations needed for the child to be safely included in activities.”

“Food allergies may constitute a **disability under the law**. This is important because **schools can't exclude children with food allergies from activities** (e.g. science experiments, classroom celebrations, field trips, etc) because of their food allergies.”

“**Classroom - Avoid the use of identified allergens in class projects, parties, holidays and celebrations, arts, crafts, science experiments, cooking, snacks, or rewards.**”



There is no cure for food allergies...strict avoidance is key.

Trace amounts of a food allergen can cause a reaction. Most are due to ingestion, but some are due to contact or inhalation.

In schools, 79% of exposures occurred in the classroom.

Allergic reactions may present and progress differently than previous reactions. A mild reaction can become life-threatening quickly.

### Texas Guidelines for the Care of Students with Food Allergies at Risk for Anaphylaxis

**“Protecting students from exposure to allergens is the most important way to prevent life-threatening anaphylaxis (a severe allergic reaction).”**

p. 25 “...limiting, reducing, and/or eliminating food from classrooms and other learning environments used by children with food allergies at risk for anaphylaxis.”

p. 28 “Awareness training for all staff...should include information about the hazards related to the use of food for instructional purposes, and the importance of environmental controls in protecting the health of students.”

p. 33 “...promote the physical and emotional health of children with diagnosed food allergies.”

### Adults that Exclude Food Allergic Children Send 3 Messages

The child isn't important enough to include.

Food is the ONLY way to socialize, celebrate, reward, incentivize, craft.

Isolating and segregating others is okay.

~A Gift of Miles

All moments are teaching moments. Teach kindness and inclusion.

