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## GOING TO SCHOOL WITH FOOD ALLERGIES

### What you need to do

- Meet with school staff, including the school nurse, food service manager and teachers to let them know of your child's allergy.
  - Start early – don't wait until the school year starts!
- Provide information, including a WRITTEN EMERGENCY TREATMENT PLAN from your child's doctor about the allergy including:
  - How to recognize an allergic reaction, how to treat it, who to contact, and how to activate emergency services (e.g., 911).
  - Include your child's picture.
- Provide labeled medications and review expiration dates.
- Discuss where medications are kept and who will give them.
  - Medication should be unlocked and easily accessible.
- Review information about your child's food allergy, including:
  - Safe and unsafe foods
  - Symptoms and treatment of an allergic reaction
- Work with your school to create and review a plan that addresses ways to provide a safe environment for your child throughout the day.
- Review with your child their responsibilities (age-appropriate) including:
  - No food sharing/trading or eating unsafe foods
  - Reporting any symptoms to an adult
  - Carrying/using medications
  - Hand washing with soap and water before and after meals/snacks is suggested. Hand sanitizers do not remove the allergen

### Helpful tips

- Provide your child's safe food and/or ensure others know how to do so
- Suggest a "no food sharing" policy.
- Depending upon age/allergies, review increased supervision during meals.
- Suggest "rewards" that are not food-related (e.g., stickers).
- Remind staff about avoiding/notifying about crafts that include food.
  - e.g., wheat in modeling clay, egg in finger paint, food craft projects
- Discuss school bus safety (e.g., no eating on the bus)
- Discuss a plan for: field trips, parties, & notification of substitute teachers
- Consider medical identification jewelry

### Resources

I-For further assistance, you may speak with your school district's 504 coordinator.

-This program has additional information sheets that you may find helpful

-The School Food Allergy Program (available from Food Allergy Research & Education, [www.foodallergy.org](http://www.foodallergy.org)).

-School Guidelines for Managing Students with Food Allergies (available at <http://www.foodallergy.org/school/SchoolGuidelines.pdf>).

-Your state may have a School Food Allergy Management Plan with additional information.

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