

Allergy Classroom — Now What?

If your classroom has a student with a food allergy, your role as Room Parent is to help support a safe and inclusive classroom while following the teacher's and school's established procedures.

Start With the Teacher

At the beginning of the year, check with the teacher about:

- Classroom allergies or food restrictions
- Foods that should not be brought into the classroom
- Approved treats or alternatives

The teacher and school are responsible for allergy safety. Room Parents should not make medical or food-safety decisions.

Planning Food for Parties

Room Parents may be responsible for purchasing or coordinating food for classroom parties. When doing so:

- All food items should be provided to the teacher at least 48 hours before the event.
- This gives the teacher time to review ingredient labels and address any concerns.
- Follow any specific food guidelines provided by the teacher.
- Do not substitute or add food items without checking with the teacher if there is a known classroom allergy.
- Keep ingredient labels or packaging available so the teacher can review them.

Communicating With the Allergy Family

If you are aware of which child has the allergy and the family has made that information available to you, you may contact the parent/guardian directly regarding an upcoming party or food item.

Always include the classroom teacher on the communication.

Do not ask families for detailed medical information.

When in Doubt... ASK!