

FOOD ALLERGY CLASSROOM GUIDELINES

AVOIDANCE IS THE ONLY PREVENTION FOR ANAPHYLAXIS

- Meet with the school nurse and if possible, the parent/guardian to learn about the student's food allergies and review their Allergy and Anaphylaxis Emergency Plan. This document lets you know the signs of an allergic reaction, when to get help, and when to give medicine. This form must be available to substitute teachers and staff who work with the student including specials teachers.
- If a 504 plan exists for your student with food allergies, review it with the school nurse.
- Complete emergency medication administration training to prepare for an event where you would need to give an emergency medication. Knowledge training is required at least every four (4) years and skills training is required at least every year and more often if needed.
- When planning field trips, at least one staff member trained in medication administration should be available to the student, along with the emergency medication and the student's Allergy & Anaphylaxis Emergency Plan. Have a cell phone available in case of an emergency.
- Familiarize yourself with MMSD Guidelines for Safe Food Handling, Parties and Celebrations at School at <http://boeweb.madison.k12.wi.us/node/1450>.
- With parent permission and without identification of the child, consider notification to the families in your classroom that there is a child with a life-threatening food allergy. Request their awareness and cooperation when providing classroom snacks. The school nurse can assist with letter preparation.
- Consult with parent/guardian and nurse for list of acceptable snacks. Ask if parent/guardian can bring in safe/alternative snacks to keep in the classroom in case a classroom snack cannot be eaten by their child.
- Substitute food and products containing the allergen in lesson plans and classroom activities; such as arts and crafts, science projects, celebrations and cooking. It is useful to note that non-food items and activities are good alternatives to food for classroom celebrations.
 - Read product labels **every time** since many things contain allergens and ingredients change.
- Encourage hand washing with soap and water before and after meals (hand wipes are ok, not hand sanitizer).
- Do not allow food or utensil sharing/trading.
- Wash classroom surfaces with soap and water after eating.
- In elementary school, with parent permission, "Allergy Aware" signs can be posted outside of classrooms, requesting students, school staff and parents/guardians avoid eating certain foods in the classroom or bringing those foods into the classroom.
- Consider teaching students about food allergies to prevent food bullying. The school nurse is available to help.