



# MANAGING FOOD ALLERGIES IN SCHOOLS

## WHAT SCHOOLS NEED TO KNOW



**VOLUNTARY GUIDELINES FOR MANAGING FOOD ALLERGIES IN SCHOOLS AND EARLY CARE AND EDUCATION PROGRAMS**

# OBJECTIVES

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- ▶ Describe the symptoms of food allergies and life-threatening reactions.
- ▶ Identify three action steps for schools to prepare for and respond to food allergy emergencies.
- ▶ Identify three ways specific school staff can create and maintain healthy and safe classrooms and school environments for students with food allergies.






# OVERVIEW

- ▶ The guidelines can help schools manage the risk of food allergies and severe allergic reactions in students.
- ▶ Managing food allergies requires a partnership between families, health care providers, and schools.

The image shows the cover of a report titled "Voluntary Guidelines for Managing Food Allergies In Schools and Early Care and Education Programs". At the top, there is a green and blue header with the text "MANAGING FOOD ALLERGENS IN SCHOOLS" and a small icon of a school building. The title is centered in blue text. Below the title are three photographs: two women in white lab coats standing behind a table with food, two women sitting at a table eating, and a woman in a green sweater standing behind a table with children eating. At the bottom left is the CDC logo, and at the bottom right is the text "Centers for Disease Control and Prevention National Center for Chronic Disease Prevention and Health Promotion Division of Population Health".

MANAGING FOOD ALLERGENS IN SCHOOLS

Voluntary Guidelines for  
Managing Food Allergies In Schools  
and Early Care and Education Programs



Centers for Disease Control and Prevention  
National Center for Chronic Disease Prevention and Health Promotion  
Division of Population Health

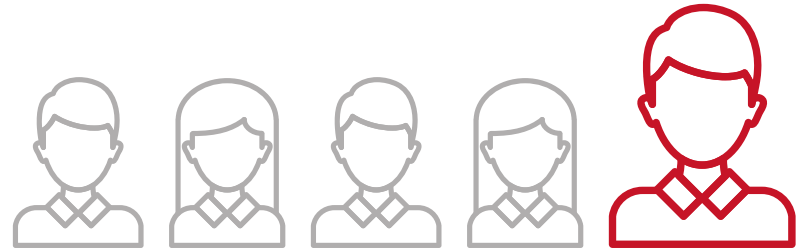
# DID YOU KNOW?

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- ▶ **8%** of students are affected by food allergies, and the incidence is increasing.

- ▶ **1 of 5 students** with food allergies will have a reaction while at school.



- ▶ **25%** of severe food allergy reactions at school happen to students with no previous known food allergy.

# DID YOU KNOW?

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- ▶ A food allergy is an adverse immune system reaction that occurs soon after exposure to a certain food.
- ▶ Food allergy symptoms can include multiple organ systems including, respiratory, gastrointestinal tract, skin, cardiovascular, and neurological.
- ▶ A severe life-threatening allergic reaction is called anaphylaxis.

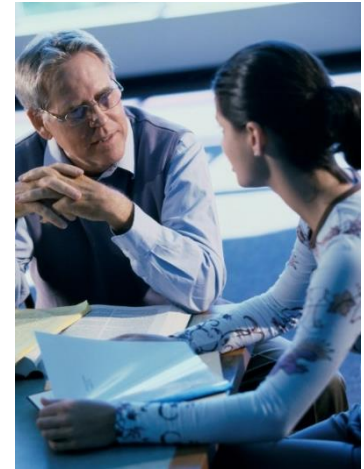


# FOOD ALLERGY MANAGEMENT AND PREVENTION PLAN PRIORITIES

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- ▶ Ensure the daily management of food allergies for individual children.
- ▶ Prepare for food allergy emergencies.
- ▶ Provide professional development on food allergies for staff members.
- ▶ Educate children and family members about food allergies.
- ▶ Create and maintain a healthy, safe, and inclusive educational environment.





# ACTIONS FOR SCHOOL ADMINISTRATOR

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- ▶ Lead school's planning for managing food allergies.
- ▶ Oversee the daily management of food allergies for students.



# ACTIONS FOR SCHOOL ADMINISTRATOR



- ▶ Prepare schools to be ready to respond to food allergy emergencies:
  - Ensure that response to food allergy emergencies is a part of each school's emergency plan.
  - Set up an easy-to-use communication system for staff who may need to respond to food allergy reactions and emergencies.





# ACTIONS FOR ENTIRE SCHOOL TEAM

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- ▶ Get trained and know now how to respond to food allergy emergencies!
- ▶ If anaphylaxis is suspected, act!
- ▶ Plan!



# ACTIONS FOR TEACHERS AND PARAEDUCATORS

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- ▶ Help manage food allergies at your school.
- ▶ Help prevent food allergy emergencies.



# ACTIONS FOR TEACHERS AND PARAEDUCATORS

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- ▶ Create and maintain a healthy, safe, and inclusive classroom.
- ▶ Create and maintain healthy, safe, and inclusive eating environments.
- ▶ Carefully plan field trips.

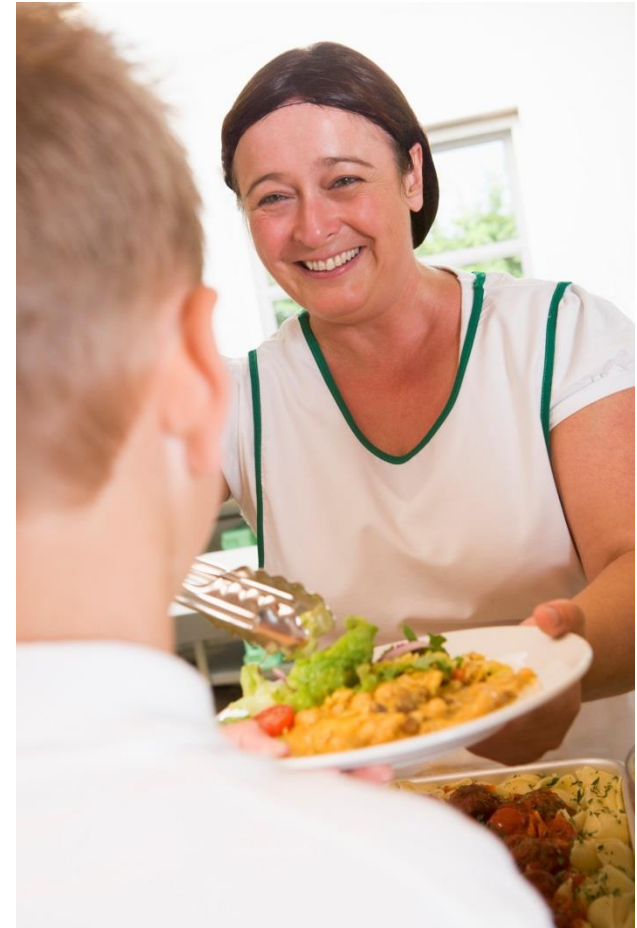


# ACTIONS FOR SCHOOL NUTRITION PROFESSIONALS

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- ▶ Help prevent food allergy reactions in the cafeteria.
  - Develop and follow procedures for handling food allergens in the cafeteria.



# ACTIONS FOR SCHOOL MENTAL HEALTH PROFESSIONALS

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- ▶ Help with the daily management of students with food allergies.
- ▶ Support a healthy and safe school environment for students with food allergies.



# ACTIONS FOR SCHOOL TRANSPORTATION STAFF



- ▶ Help prevent food allergy emergencies.
- ▶ Support healthy and safe transportation.
  - Take immediate action if a severe food allergy reaction is suspected.





# WHERE CAN YOU FIND MORE INFORMATION?

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- ▶ Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs. Available at: <https://www.cdc.gov/healthyschools/foodallergies>
- ▶ Food Allergy Resource and Education (FARE). Available at: <https://www.foodallergy.org>
- ▶ CDC Healthy Schools. Promoting Healthy Behaviors: Celebrations and Rewards. Available at: [https://www.cdc.gov/healthyschools/npao/celebrations\\_rewards.htm](https://www.cdc.gov/healthyschools/npao/celebrations_rewards.htm)
- ▶ National Association of School Nurse (NASN), Food Allergy and Anaphylaxis Tool Kit. Available at: <https://www.nasn.org/nasn/nasn-resources/practice-topics/allergies-anaphylaxis>

# QUESTIONS?



# REFERENCES

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# THANK YOU!

