



Dear Parent or Guardian,

Thank you for your support and for helping U.G.E.S maintain a **peanut safe environment** for our students. It is very important that you read this policy and familiarize yourself with the guidelines. Please feel free to contact the office with any questions or concerns.

## **FOOD ALLERGY FACTS AND STATISTICS**

- Food allergy is a growing public health concern in the U.S. About 3 million children in the U.S. have food allergies.
- Peanut allergy doubled in children over a five-year period (1997-2002).
- Research suggests that food-related anaphylaxis might be under diagnosed.
- An increasing number of school students have diagnosed life-threatening allergies.
- More than 12 million Americans have food allergies. That's one in 25, or 4% of the population.
- There is no cure for food allergies. Strict avoidance of food allergens and early recognition and management of allergic reactions to food are important measures to prevent serious health consequences.
- Even trace amounts of a food allergen can cause a reaction.
- Early administration of epinephrine (adrenaline) is crucial to successfully treating anaphylactic reactions.
- Epinephrine is available by prescription in a self-injectable device (EpiPen® or Twinject®).

## **MANAGING STUDENTS WITH FOOD ALLERGIES**

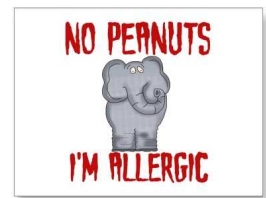
Food allergies can be life threatening. The risk of accidental exposure to foods can be reduced in the school setting if schools work with students, parents, and physicians to minimize risks and provide a safe educational environment for food-allergic students.

### **Family's Responsibility**

- Notify the school of the child's allergies.
- Work with the school team to develop a plan that accommodates the child's needs throughout the school including in the classroom, in the cafeteria, in after-care programs, during school-sponsored activities, and on the school bus, as well as a Food Allergy Action Plan.



- Provide written medical documentation, instructions, and medications as directed by a physician, using the Food Allergy Action Plan as a guide. Include a photo of the child on written form.
- Provide properly labeled medications and replace medications after use or upon expiration.
- Educate the child in the self-management of their food allergy including:
  - safe and unsafe foods
  - strategies for avoiding exposure to unsafe foods
  - symptoms of allergic reactions
  - how and when to tell an adult they may be having an allergy-related problem
  - how to read food labels (age appropriate)
- Review policies/procedures with the school staff, the child's physician, and the child (if age appropriate) after a reaction has occurred.
- Provide emergency contact information.



### **School's Responsibility**

- Review the health records submitted by parents and physicians.
- Include food-allergic students in school activities. Students should not be excluded from school activities solely based on their food allergy.
- Identify a core team of, but not limited to, school nurse, teacher, principal, school food service and nutrition manager/director, and counselor (if available) to work with parents and the student (age appropriate) to establish a prevention plan. Changes to the prevention plan to promote food allergy management should be made with core team participation.
- Assure that all staff who interact with the student on a regular basis understands food allergy, can recognize symptoms, knows what to do in an emergency, and works with other school staff to eliminate the use of food allergens in the allergic student's meals, educational tools, arts and crafts projects, or incentives.
- Practice the Food Allergy Action Plans before an allergic reaction occurs to assure the efficiency/effectiveness of the plans.
- Coordinate with the school nurse to be sure medications are appropriately stored, and be sure that an emergency kit is available that contains a physician's standing order for epinephrine. In states where regulations permit, medications are kept in an easily accessible secure location central to designated school personnel, not in locked cupboards or drawers. Students should be

allowed to carry their own epinephrine, if age appropriate after approval from the student's physician/clinic, parent and school nurse, and allowed by state or local regulations.

- Designate school personnel who are properly trained to administer medications in accordance with the State Nursing and Good Samaritan Laws governing the administration of emergency medications.
- Be prepared to handle a reaction and ensure that there is a staff member available who is properly trained to administer medications during the school day regardless of time or location.
- Review policies/prevention plan with the core team members, parents/guardians, student (age appropriate), and physician after a reaction has occurred.
- Work with the district transportation administrator to assure that school bus driver training includes symptom awareness and what to do if a reaction occurs.
- Recommend that all buses have communication devices in case of an emergency.
- Enforce a "no eating" policy on school buses with exceptions made only to accommodate special needs under federal or similar laws, or school district policy. Discuss appropriate management of food allergy with family.
- Discuss field trips with the family of the food-allergic child to decide appropriate strategies for managing the food allergy.
- Follow federal/state/district laws and regulations regarding sharing medical information about the student.
- Take threats or harassment against an allergic child seriously.

### **Student's Responsibility**

- Should not trade food with others.
- Should not eat anything with unknown ingredients or known to contain any allergen.
- Should be proactive in the care and management of their food allergies and reactions based on their developmental level.
- Should notify an adult immediately if they eat something they believe may contain the food to which they are allergic.





## PEANUT FREE / TREE NUT FREE SNACK LIST

Please avoid snacks that contain **peanuts, peanut flour, peanut oil, or peanut butter** or other nuts. This includes snacks with almonds, coconuts, filberts, Brazil nuts, cashews, hazelnuts, macadamia nut, pecans, pine nuts, pistachios, and walnuts.

*Please note: Food labels/ingredients may change over time, so it is always recommended that you read the label before purchasing snacks. Please read labels carefully to make sure the products are nut free. This includes labels that read "May contain traces of peanuts/nuts."*

Quick check brands: Kellogg's, Keebler, General Mills, Betty Crocker, and Quaker Oats brands are excellent at calling out allergens in a box:

Example: CONTAINS PEANUT AND EGG INGREDIENTS

*Thank you for your consideration and support in keeping the food-allergic child safe from having a life threatening allergic reaction at school.*

### HEALTHY SNACKS

#### **FRUITS/VEGETABLES**

- Any fresh fruit (apples, oranges, bananas, grapes, pears, plums, clementines, strawberries, melons, berries, etc.)
- Applesauce cups (and assorted variety fruit flavored applesauce)
- Raisins, Craisins, and other dried fruits
- Fruit cups (peaches, pears, oranges, pineapple, fruit cocktail, fruit blends, etc.)
- Fresh vegetables (baby carrots, celery sticks, grape tomatoes, cucumber slices, broccoli, pepper strips, etc.)
- Vegetable dips

#### **CHEESE/DAIRY**

- Yogurt in individual cups or tubes
- Pudding in individual cups, cans, or tubes
- String cheese or other cheeses (1 oz.)
- Drinkable yogurt or smoothies
- Cottage cheese
- Kraft Handi-snacks with cheese (with red sticks) *\*\*Be careful with any other type of pre-packaged cheese & cracker sandwiches, most contain nuts/traces of nuts*

#### **CRACKERS/SNACK ITEMS**

- Crackers
  - Triscuits, Wheat Thins, Vegetable Thins (all flavors)
  - Ritz crackers/dinosaurs/sticks (*NOT Ritz bits or sandwiches*)
  - Town House, Club, Toasteds crackers
  - Cheez-Its, Cheese Nips, Better Cheddars
  - Saltines, Oyster crackers
  - Wheatables, Air Crisps, Munch'ems, Keebler Snack Stix
  - Kashi Tasty Little Crackers (TLC)
  - Breton/Dare brand crackers
  - Goldfish crackers
- Graham crackers, Graham cracker sticks
- Teddy Grahams or Teddy Graham character brands
- Bug Bites crackers
- Goldfish graham snacks
- Animal crackers (Austin Zoo, Barnum)
- Vanilla wafers



- Cereals
  - Cheerios (*NOT Honey Nut or Frosted*)
  - Chex (Rice, Corn, Wheat)
  - Cinnamon Toast Crunch
  - Corn Flakes
  - Crispix
  - Frosted Mini-Wheats
  - Kashi (Go Lean Crunch, Good Friends, Cinnamon Raisin Crunch, Heart to Heart) cereals
  - Kix
  - Life (*NOT Vanilla Yogurt Crunch*)
  - Wheaties
  - Other unsweetened cereal without nuts
- Small bagels (Lenders or Thomas brand) with cream cheese (no nut type)
- Popcorn
- Pretzels (*most all brands, but some Snyder's products not peanut/nut free*)
- Nutrigrain cereal bars / yogurt bars
- Special K Bars (*NOT Honey Nut*)
- Special K Snack Bites
- Fig Newtons (all flavors)
- Rice cakes (*NOT Quaker brand, not nut free*)
- Quaker Quakes (mini rice cakes) / Mini Delights (all flavors safe)
- Potato Soy Crisps
- Cheez-It Party Mix / Munchie Party Mixes *\*\*Have not found any other brands of Chex type mixes to be peanut/nut safe*



## SPECIAL TREATS

### CAKES/CUPCAKES

- Hostess cupcakes
- Hostess Twinkies, Ho Hos, Ding Dongs

### COOKIES

- Kellogg's brand Rice Krispie Treats (original)
- Oreos (regular, Golden, or Minis)
- Keebler Fudge Stripes, Fudge Grahams, Grasshopper Fudge Mint, E.L. Fudge sandwich cookies (original and double stuffed)
- Gripz Chips Ahoy
- Any Dare Brand cookies (Hiller's carries)

### DONUTS/MUFFINS

- Krispy Kreme donuts/donut holes
- Mini Donuts/Donut holes – Kroger brand (powdered sugar, glazed, plain, cinnamon sugar)
- Hostess brand (powder, frosted)
- Muffins – mini or regular – Hostess and Kroger brands (any kind but banana nut)

### CHIPS

- Bugels
- Cheetos
- Doritos
- Fritos
- Potato chips
- Pringles
- Sun Chips
- Tostitos



### ICE CREAM/POPSICLES

- Popsicles
- Whole fruit bars
- Juice bars
- Fruit ice / Icee squeeze up tubes
- Orange push-ups
- Breyer's Vanilla ice cream
- Kroger brand – ice cream sandwiches, strawberry shortcake bars, sundae cups



### OTHER

- Fruit snacks (twists, gushers, roll-ups, etc.)
- Pop Tarts
- Pop Tart Snack Sticks
- Yogos / Yogos Rolls
- Sweetened Cereals: Corn Pops, Froot Loops, Captain Crunch (regular), Apple Jacks

### CANDY

- Air Heads
- Blow pops, Ring Pops
- Dum-Dum suckers
- Gummy bears / worms
- Hersey Kisses – Milk Chocolate, Hersey Kissables
- Jolly Ranchers
- Junior Mints
- Laffy Taffy
- Life Savers (hard and gummy)
- Mike & Ike's
- Milk Duds
- Necco Sweethearts boxes (candy hearts)
- Nerds
- Pixie Sticks
- Rolos
- Runts
- Sixlets
- Skittles
- Smarties
- Spree
- Starburst
- Swedish Fish
- Sweet Tarts (regular and chewy)
- Tootsie Rolls, Tootsie Roll Pops
- Twizzlers licorice
- Whoppers



**READ EVERY LABEL EVERY TIME / FOOD LABELS AND INGREDIENTS MAY CHANGE OVER TIME!**

### Additional Information:

[www.foodallergy.org](http://www.foodallergy.org)