



## **Food-Related Allergy Plan**

### **Responsibilities of St. Edith Catholic School:**

While St. Edith Catholic School cannot eliminate peanuts and tree nuts from the entire school, teachers, administration, and aides will do their best to mitigate the risk of cross-contamination and attacks:

- Birthday treats are allowed but must be store-bought so there is a printed label with allergens.
- All snacks for the classroom are to be peanut and tree-nut free.
- Lunches are to be peanut and tree-nut free for preschool, kindergarten prep, and kindergarten.
- For grades 1 through 8, during lunch, there is a designated area for peanut and tree-nut free areas, and tables will be cleaned after each lunch period. Students in grades 1 through 4 are required to eat at the allergy-free table.
- EpiPens will be brought to the lunchroom during lunch and then brought back to the office after lunch.

### **Responsibilities of Parents/Guardians of Students with Food Allergy:**

St. Edith Catholic School families will adhere to the following guidelines for managing food allergies in the school setting:

- To notify St. Edith Catholic School of the student's allergies by way of student registration and/or throughout the year; to provide a list of all food and ingredients to avoid; to provide emergency contact information.
- To provide written documentation, instructions, and medications as directed by a licensed health care provider. Include a photo of the child on written "Allergy Plan" form. Each child's allergy bag will be labeled with the action plan needed. (Ex. whether epi pen needs to be given right away or an alternate medication is given first.)
- To provide the school with up-to-date epinephrine auto-injectors; replace medications after use, upon expiration, or upon notification from the school.
- To educate the student in the self-management of their food allergy including identification of safe and unsafe foods, the proper reading of food labels (i.e. age appropriate), etc.
- To help the student to self-identify the symptoms of allergic reactions; to find an adult when an allergy-related problem is happening.

- To review the procedures in carrying out the Emergency Care Plan of the student with school personnel, the child's physician, and the student (if age appropriate) after a reaction has occurred.

### **Responsibilities of the Student with Food Allergy:**

St. Edith Catholic School encourages all students work toward self-advocacy and empowerment. This is especially true in the care and control of food-related allergies. The adherence to the guidelines by a student in self-management of food allergies in the school setting will be followed:

- All students in grades PK-4 with food allergies must eat lunch at the allergy-free table.
- All students are recommended to wash hands before and after eating. There is also hand sanitizer provided in the classroom and cafeteria for use by the students.
- All students are not allowed to share/trade food items with others.
- All students with food-related allergies will only eat food provided by their family.
- All students with food-related allergies will be proactive in the care and management of food allergies based on the student's development level.
- All students with food-related allergies will notify an adult immediately when experiencing symptoms while eating or a reaction afterward.
- All students with food-related allergies will ask for medication needed when symptoms flare. School personnel will immediately follow steps according to the emergency plan.
- All students with food related allergies will self-administer the Epi-pen or take medication for allergic reactions. Adult school personnel will administer Epi-pen or medications if student is unable or too young