

A Blueprint for Handling Food Allergies

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Key Topics

- Overview of food allergies
- Requirements for accommodation
- School response
- Action steps for foodservice employees
- Resources

Background

- In 2007, 3 million children reported to have food allergy
- 18% increase in prevalence of food allergy in past decade
- 4 of every 100 children have a food allergy
- Food allergy in children associated with chronic conditions, such as asthma
- Children and young adults are at risk to suffer a fatal reaction

What Is a Food Allergy?

An immune response to ingesting a particular food or food ingredient/additive

8 Major Food Allergens



1. Peanuts
2. Tree Nuts
3. Milk
4. Egg
5. Wheat
6. Soy
7. Fish
8. Shellfish



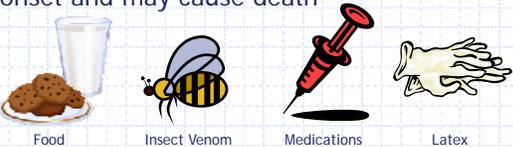
Symptoms of a Food Allergy

- Mouth
 - Swelling of lips/mouth
- Digestive Tract
 - Stomach cramps
 - Vomiting
 - Diarrhea
- Drop in blood pressure
- Skin
 - Hives
 - Rash
 - Eczema
- Airways
 - Wheezing
 - Breathing problems

Death can occur

Anaphylaxis

A serious allergic reaction that is rapid in onset and may cause death



Food Insect Venom Medications Latex

Accommodating Needs of Children with Food Allergies



Impact on School Nutrition Programs

- Need policies and procedures
- Need to plan and serve modified meals for students
- May need to purchase different foods
- Requires vigilance on part of food servers and cashiers
- Coordinate with others in school setting—school nurse, teachers, custodians, etc.
- Participate in planning meetings
- Train staff

Governing Laws

- Rehabilitation Act of 1973
- Individuals with Disabilities Education Act
- Americans with Disabilities Act
- ADA Act Amendments of 2008

Applicable Regulations

- 7 CFR Part 15b – USDA Regulations
- 7 CFR Part 210.10(g) – NSLP
- 7 CFR Part 220.8(d) – SBP

School Meal Requirements

- Schools must make substitutions in the reimbursable meal for disabled students whose disability prevents them from consuming the school meal as prepared
- No extra charge

Food Allergies - Disability

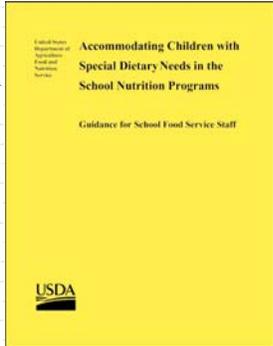
- Disability if severe and life-threatening (anaphylactic reaction)
- Physician's statement required
- Schools must make substitutions in meals

Documentation

- Licensed Physician's Statement
- 5 Key Elements
 - What the disability is
 - How it restricts the diet
 - Major life activity affected
 - Food(s) to be omitted
 - Food(s) to be substituted

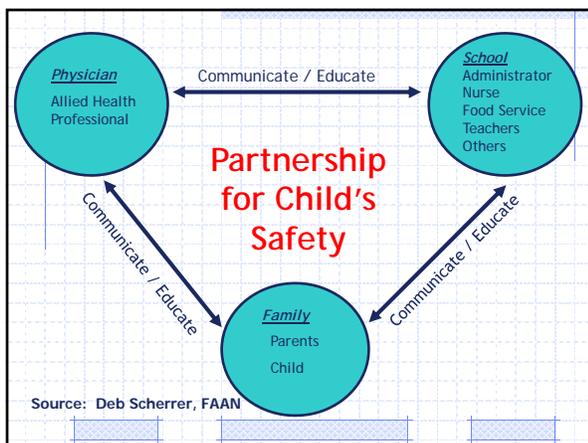
Food Allergies – Non-Disability

- School option to provide substitutions
- Supporting statement from recognized medical authority:
 - Condition that restricts the diet
 - Food(s) to be omitted
 - Food(s) to be substituted



www.fns.usda.gov/cnd/guidance/special_dietary_needs.pdf

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Food is everywhere in schools!



Buses



Playground



Parties



Classroom

- Rewards/Incentives
- Pet foods/bird seed
- Art projects
- Field Trips
- Athletic Events

Food is Everywhere in Schools

- Reactions primarily caused by food used in class projects and celebrations
- Where did reactions occur:
 - 79% Classroom
 - 12% Lunchroom
- 25% of reactions in people who had no known allergy

Team Approach

Key Players

- Administrators
- School nurses
- Foodservice director
- Teachers

Others to inform/educate: foodservice employees, janitors, bus drivers, coaches, classroom aides



Food Allergy Management Plan

- Policy statement
- Implementation
 - Physician's statement
 - Responsibilities of each stakeholder group
 - Education of stakeholders
 - Epinephrine policy, procedures, and training



Thanks to Cindy Hormel, Child Nutrition Director, Liberty, MO
Available at: www.schoolnutrition.org/foodallergy

Prepare for Bullies

- Teasing or taunting with food should never be allowed
- Teasing or taunting potentially dangerous for student with a food allergy
- School officials must take appropriate disciplinary measures



Action Steps for School Foodservice Employees



Plan Menus



- Follow physician's written order for foods to avoid and substitute
- Substitute with foods already served or purchased when possible
- Substitutions don't have to be one-for-one—for example pizza for pizza

Read Labels

- Formulations can change frequently--read every label every time
- Ingredients may differ:
 - between different sizes of the same product (foodservice vs. supermarket)
 - among brands/suppliers
- Don't rely on "safe lists"

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE SHORTENING (CONTAINS ONE OR MORE OF THE FOLLOWING: CANOLA OIL, CORN OIL, PALM OIL, SOYBEAN OIL, AND/OR INTERESTERIFIED SOYBEAN OIL), SALT, CONTAINS 2% OR LESS OF THE FOLLOWING: SODIUM BICARBONATE, MALTED BARLEY FLOUR, YEAST.

CONTAINS: WHEAT
ALLERGY INFORMATION: THIS PRODUCT IS MANUFACTURED ON EQUIPMENT THAT ALSO PROCESSES MILK CONTAINING PRODUCTS.

Label Reading Activity

**I am sweet and kids love me!
 Could I contain an allergen?
 If so, what could it be?**



**I'm a sweet treat.
 I provide kids with empty calories,
 but could I be dangerous for some
 allergic kids?**



If so, what allergen might I contain?

**I contain the following ingredients:
 Semolina, durum flour, roasted garlic
 powder, basil, natural and artificial
 flavors, niacin, ferrous sulfate, thiamin
 mononitrate, riboflavin, and folic acid.**



**Circle any ingredients I contain that might
 be allergens.**

You may use me as an ingredient in recipes you prepare. Here are my ingredients:

Water, mushrooms, modified corn starch, wheat flour, salt, cream, soybean oil, sweet dairy whey, isolated soy protein, monosodium glutamate, mushroom flavor (roasted mushrooms, salt, yeast extract, soybean oil, flavorings and modified potato starch), natural flavors, yeast extract, disodium inosinate, disodium guanylate, color added, natural butter flavor, granulated garlic.

Who am I?

Circle my allergens.



I am Chicken Broth, and you can use me in lots of recipes you prepare.



Do you think I contain any allergens? If so, what might they be?

I am salad dressing that you might use in potato salad, cole slaw, and a number of different recipes. Here are my ingredients:

Water, soybean oil, vinegar, high fructose corn syrup, modified food starch, sugar, salt, enzyme modified egg yolks, mustard flour, artificial color, potassium sorbate, paprika, spice, natural flavor, dried garlic, beta carotene.

Do I contain allergens?

My ingredients include whole grain oat flour, sugar, modified corn starch, wheat germ, brown sugar, honey, oat fiber, salt, calcium carbonate, tripotassium phosphate, canola oil, silicon dioxide, vitamin A, niacinamide, zinc oxide, reduced iron, thiamine hydrochloride, natural flavor, pyridoxine, vitamin D, riboflavin, color, folic acid, vitamin B12, BHT.

Should I be excluded from the diets of any children with allergies?



Cheese Sauce

- Circle all ingredients that indicate presence of milk.
- Product should not be served to children with which types of allergies?



Hamburger Buns

What allergens would you expect to be in hamburger buns?



Enriched wheat flour, B vitamins, water, yeast, high fructose corn syrup or sugar, soybean oil, contains 2% or less of wheat gluten, salt, calcium sulfate, vinegar, vitamin D, cornstarch, wheat starch, dough conditioners, soy flour, calcium propionate, whey, soy lecithin.

What allergens are in the hamburger buns?



Research on Reading Labels

Milk and soy allergens were most difficult for parents to identify

J. Allergy Clin Immunol, 2002: 109:1019-1021.

Reinforce Handwashing

- At appropriate times
- Using proper techniques
- Wash hands before glove use
- Use gloves when handling ready-to-eat foods, changing between tasks



Organize Work Areas

- Designate an area in the kitchen where allergen-free meals can be prepared
- Keep this a "safe zone" that is free of allergens that must be avoided
- Establish procedures for food storage, preparation, and serving to prevent cross contact with allergens

Avoid Cross Contact

Potential sources of cross contact:

- Food handling and preparation
- Shared equipment or utensils
- Cutting boards, counters, griddle
- Splatter or steam from cooking foods
- Reused oil in fryers
- Salad bars, serving stations



Cafeteria Strategies

- Offer designated allergen-friendly tables for young students (optional for students who have parental and physician authorization to sit at "regular" table)
- Clean tables carefully
- Prevent food trading
- Encourage students to wash hands if they have food on them
- Provide supervision to ensure orderly behavior, and respond to an allergic emergency

Key Resources

- Food Allergy & Anaphylaxis Network (FAAN) www.foodallergy.org
- School Nutrition Association www.schoolnutrition.org/foodallergy
- Food and Drug Administration <http://www.fda.gov/Food/LabelingNutrition/FoodAllergensLabeling/ucm079311.htm>

Key Resources, cont.

- Rhode Island Resources www.thriveri.org
- International Food Information Council Foundation <http://www.ific.org/food/allergy/index.cfm>
- Mayo Clinic <http://www.mayoclinic.com/health/food-allergy/DS00082>

Key Resources, cont.

- National Institute of Allergy and Infectious Disease www3.niaid.nih.gov/topics/foodallergy/default.htm