

# Food Allergy Awareness Training



Information obtained from the Texas  
82<sup>nd</sup> Legislature and [foodallergy.org](http://foodallergy.org) . .



**FAAN**

THE FOOD ALLERGY &  
ANAPHYLAXIS NETWORK

# SENATE BILL 27

- Requires the Board of Trustees of each school district to adopt a policy for the care of students with diagnosed food allergy at risk for anaphylaxis
- Each district must develop a food allergy management plan to care for students with food allergies at-risk for anaphylaxis
- Elkhart ISD Board Policy FFAF(LOCAL) outlines procedures for addressing food allergies in the school setting
  - Awareness Training must be provided to all employees!

# Eight Foods that Account for 90% of the Food Allergy Reactions

- Milk
- Eggs
- Peanuts
- Tree nuts
- Fish
- Shellfish
- Soy
- Wheat



# Definitions

- Food allergy is a potentially serious immune-mediated response that develops after ingesting or coming into contact with specific foods or food additives.
- Food intolerance is an unpleasant reaction to a food that, unlike a food allergy, does not involve an immune system response or the release of histamine

# More Definitions

- Anaphylaxis is a serious allergic reaction that is rapid in onset and may cause death.
- Anaphylaxis is highly unpredictable
- Four out of every 50 children have a food allergy . . . That's 8%
- Food allergy can have a wide-ranging negative effect on children and their families, affecting not only life at home but also school, work, vacation ,and entertainment

# Signs & Symptoms of an Allergic Reaction

- The most dangerous symptom includes breathing difficulties and drop in blood pressure or shock, which is potentially fatal.



# Signs and Symptoms of More Severe Food Allergy Symptoms

- ***Mouth:*** Tingling, itching, swelling of tongue, lips or mouth (blue/grey color of the lips)
- ***Throat:*** Tightening of throat; tickling feeling in back of throat; hoarseness or voice change
- ***Nose/Eyes/Ears:*** Runny itchy nose; redness or swelling of eyes; throbbing in ears



# More Signs and Symptoms

- ***Lung***: Shortness of breath; repetitive shallow cough; wheezing
- ***Stomach***: Nausea; vomiting; diarrhea; abdominal cramps
- ***Skin***: Itchy rash; hives; swelling of face or extremities; facial flushing
- ***Heart***: thin weak pulse; rapid pulse; fainting; palpitations; blue lips, face, or nail beds; paleness



# Food Allergy Management Team

Each campus in Elkhart ISD will create a Food Allergy Management Team of at least 3 persons, which may consist of:

- Campus Nurse
- Principal
- Counselor
- Classroom teacher
- Food Service Manager
- Member of Custodial staff



# Responsibilities of the Food Allergy Management Team

- Identify students with Food Allergies at-risk for Anaphylaxis on each campus
- Develop, implement, communicate ,and monitor Emergency plans, Health plans, and 504 accommodation plans for these students
- Reduce the risk of exposure within the school setting
- Provide training/training resources to staff on anaphylaxis and emergency response to reactions
- Review procedures post anaphylaxis reaction

# Strategies to Reduce Exposure

As needed, implement accommodations in the following areas:

- Classroom
- Cafeteria
- Transportation
- Field trip and school sponsored activity events
- Hallways and common areas



# Strategies/Accommodations to Reduce Food Allergy Exposure Include:

- *reviewing cafeteria menu items, identifying potential allergens and making appropriate accommodations as outlined in dietary orders received from licensed healthcare providers for meals served to students with life-threatening food allergies*
- *limiting or reducing the use of potential food allergens in classroom projects/activities*
- *allowing only pre-packaged food items with complete ingredient lists in the classroom for projects, activities and celebrations*
- *training Child Nutrition staff to prevent cross-contamination during food preparation, to read product labels and identify hidden allergens*
- *identifying areas in the classroom that will be 'allergen-safe', enlisting the help of parents in this process*
- *implementing appropriate handwashing procedures including washing hands before and after meals*
- *ensuring that appropriate staff are trained in reading product labels and identifying hidden allergens in foods*
- *ensuring that Child Nutrition procedures used to review menu items, identify potential allergens and make appropriate menu accommodations as ordered by HCP orders are consistently followed by every staff member*
- *encouraging and enforcing no sharing of food wherever it may be available*
- *monitoring and enforcing strict cleaning procedures, particularly if after-school activities involve any consumption of food allergen-containing foods in the areas used by afterschool activities*
- *enforcing no eating policies while on the school bus with appropriate medical considerations and exceptions made as needed*
- *considering assigned school bus seating arrangements if necessary*
- *ensuring that the Transportation department keeps a current list of students who have food allergies including whether they self-medicate for anaphylaxis*
- *notifying all pertinent staff in advance of field trips to allow time for necessary food preparation*
- *Other accommodations that may be deemed appropriate for identified students and their surroundings.*

# Training/Treatment of Anaphylaxis

- Key campus employees will be trained to administer and treat anaphylaxis in the school setting:
  1. Epinephrine is the first-line treatment in cases of anaphylaxis. It is prescribed as an auto-injector device that is relatively simple to use.
  2. Immediately after administering epinephrine the student must be transported by EMS to the nearest hospital

# Auto Injector Administration

- [http://www.youtube.com/watch?v=xWNxP4sf\\_HU](http://www.youtube.com/watch?v=xWNxP4sf_HU)

*(1:37 minutes, not counting advertisements, and you may need to copy/paste link into address bar)*



# Post-Anaphylaxis Reaction Review/Follow-Up

- When/if students experience a reaction at school, a review on campus by the appointed team should take place and address the following:
  - Identify source of allergen
  - Review updated information
  - Identify and interview staff involved
  - Address any changes to the health plan/ 504 accommodation plan as needed

# Points of Contact & Further Information

- Please refer inquiries and/or concerns to:
  - Principal or his/her designee from *Food Management Team* on the campus
  - District Nurse
- [www.foodallergy.org](http://www.foodallergy.org) has extensive information related to this topic, including comprehensive FREE online trainings!



# Forms & Follow-Up

- All parents/guardians are asked to complete ***Food Allergy Documentation*** forms when they enroll their students. These are reviewed for allergy severity and shared with the School Nurse and with Food Service Director (*Chartwells*).
- For students requiring ***Food Allergy Plans***, there are specified forms which are provided by the school nurse and must be signed by their physician.

***Awareness is the key to prevention.*** Thank you for participating in the *Elkhart ISD Food Allergy Awareness Training*. **Please verify that you participated by signing and submitting the provided *Training Verification Form* (*Next Slide*).**

**Elkhart Independent School District**  
**Staff Development Participation Verification Form**

*Use this form to verify participation in self-directed Professional Development Training for Comp. Day or other credit. Please complete and return this form to Kay Chapman in the Central Administration Office (white house) as soon as possible after participating in the training/activity.*

**Employee name:** \_\_\_\_\_

**Campus:** \_\_\_\_\_ **Position:** \_\_\_\_\_

**Date of Training Activity:** \_\_\_\_\_

**Title of Training:** \_\_\_\_\_

**Type of Training** (Book Study, Online Module, Etc.): \_\_\_\_\_

**Training Provider:** (Region VII, Other) \_\_\_\_\_

I hereby attest that I participated in the above-referenced training. I accept responsibility for incorporating the training I received into my particular job assignment as required.

**Printed Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Today's Date:** \_\_\_\_\_