

Food Allergies

Food allergies are diagnosed when someone has more than one immune response to certain foods. That reaction may include symptoms such as hives, swelling, wheezing, vomiting or tight throat. Reactions can vary from mild to severe (anaphylaxis which is a life threatening reaction). Symptoms and severity of allergic reactions can be different between individuals, and can also be different for one person over time. Not all allergic reactions will develop into anaphylaxis.

As the parent or guardian of a child with a food allergy, it is important for you to be prepared for allergic reactions. Key actions you should take will include supplying the school with the allergy action plan and medications as prescribed yearly, learn how to administer an EpiPen if prescribed, teach care givers outside of the school and home how to manage an allergic reaction, and have your child wear a medical alert bracelet. Parents and caregivers should learn how to spot dangerous ingredients on food labels, practice good hand washing and cleaning of surfaces when preparing foods in the home, and, most importantly, teach your child about their allergy and restrictions. Additional information and guidance can be found at www.foodallergy.org.

To be sure students with food allergies are safe at school safety measures have been put in place. Some of these measures include:

- *Food allergy information is shared with the food service department and appropriate staff
- *Action plans and medications are requested from parents and guardians yearly
- *All staff are trained on food allergies yearly
- *EpiPen trained delegates are utilized

Sources :

<https://www.cdc.gov/healthyschools/foodallergies/index.htm>

<http://www.kidswithfoodallergies.org/page/newly-diagnosed.aspx>