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 USDA Food & Nutrition Service  
 November 5, 2011



**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

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**BACKGROUND**

- ⦿ In 2007, 3 million children (3.9%) were reported to have food allergy
- ⦿ 18% increase in prevalence of food allergy between 1997 and 2007
- ⦿ 4 of every 100 children have a food allergy
- ⦿ Children with food allergies are 2-4 times more likely to have asthma or other allergic conditions
- ⦿ Children with food allergies and asthma are more likely to have fatal reactions

Source: CDC NCHS Data Brief, [www.cdc.gov/nchs/data/databriefs/db10.htm](http://www.cdc.gov/nchs/data/databriefs/db10.htm)

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**WHAT IS A FOOD ALLERGY?**

- ⦿ An immune response to ingesting a particular food or food ingredient/additive
- ⦿ 8 types of food account for over 90% of allergic reactions

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**WHAT IS A FOOD INTOLERANCE?**

- ⦿ **Not** a food allergy
- ⦿ Non-allergic food hypersensitivity
- ⦿ A negative reaction to a food, food ingredient, or additive
- ⦿ Does not cause anaphylaxis

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**CELIAC DISEASE**

- ⦿ Sensitivity to gluten
- ⦿ Gluten is found in wheat, rye, and barley
- ⦿ Not the same as a wheat allergy

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## 8 MAJOR FOOD ALLERGENS



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



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## SYMPTOMS OF A FOOD ALLERGY



<ul style="list-style-type: none"> <li>⊙ Mouth           <ul style="list-style-type: none"> <li>• Swelling of lips/mouth</li> </ul> </li> <li>⊙ Digestive Tract           <ul style="list-style-type: none"> <li>• Stomach cramps</li> <li>• Vomiting</li> <li>• Diarrhea</li> </ul> </li> <li>⊙ Drop in blood pressure</li> </ul>	<ul style="list-style-type: none"> <li>⊙ Skin           <ul style="list-style-type: none"> <li>• Hives</li> <li>• Rash</li> <li>• Eczema</li> </ul> </li> <li>⊙ Airways           <ul style="list-style-type: none"> <li>• Wheezing</li> <li>• Breathing problems</li> </ul> </li> </ul>
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**Death can occur**

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## ANAPHYLAXIS

- ⊙ A serious allergic reaction that is rapid in onset and may cause death
- ⊙ Treated with epinephrine
- ⊙ Food allergies are the leading cause in schools<sup>1</sup>

  
Food

  
Insect Venom

  
Medications

  
Latex

<sup>1</sup>Sicherer, et al. Management of Food Allergies in the School Setting. *Pediatrics* 2010; 126: 1232-9.

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## ACCOMMODATING NEEDS OF CHILDREN WITH FOOD ALLERGIES

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## IMPACT ON SCHOOL NUTRITION PROGRAMS

- ⦿ Policies and procedures
- ⦿ Modified meals
- ⦿ Maintaining accurate ingredient information
- ⦿ Coordination with others school staff
- ⦿ Participation in school and district planning meetings
- ⦿ Staff training

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## GOVERNING LAWS

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

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	<h3>APPLICABLE REGULATIONS</h3>
	<ul style="list-style-type: none"> <li>⦿ 7 CFR Part 15b – USDA Regulations</li> <li>⦿ 7 CFR Part 210.10(g) – NSLP</li> <li>⦿ 7 CFR Part 220.8(d) – SBP</li> </ul>

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	<h3>SCHOOL MEAL REQUIREMENTS</h3>
	<ul style="list-style-type: none"> <li>⦿ Schools <u>must</u> make substitutions in the reimbursable meal for students with a disability that prevents them from consuming the school meal as prepared</li> <li>⦿ No extra charge</li> </ul>

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	<h3>WHEN FOOD ALLERGIES ARE A DISABILITY</h3>
	<ul style="list-style-type: none"> <li>⦿ Severe and life-threatening (anaphylactic reaction)</li> <li>⦿ Restrict a major life activity (eating)</li> <li>⦿ Physician’s statement required</li> </ul>

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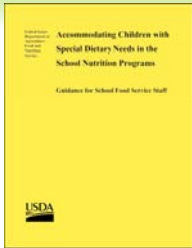
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**USDA GUIDANCE DOCUMENT**



[www.fns.usda.gov/cnd/guidance/special\\_dietary\\_needs.pdf](http://www.fns.usda.gov/cnd/guidance/special_dietary_needs.pdf)

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**DOCUMENTATION REQUIRED**

- ⊙ 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

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**WHEN FOOD ALLERGIES ARE NOT A 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

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## ADDRESSING FOOD INTOLERANCES

- ⦿ Not life threatening
- ⦿ Not considered a disability
- ⦿ School option to provide substitutions

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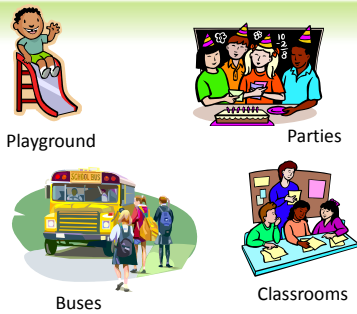
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## FOOD IS EVERYWHERE IN SCHOOLS!



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## SITUATIONS WHERE FOOD ALLERGENS MAY BE PRESENT

- ⦿ Rewards/Incentives
- ⦿ Pet foods/bird seed
- ⦿ Art projects
- ⦿ Field trips
- ⦿ Athletic events

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## ALLERGIC REACTIONS IN THE SCHOOL ENVIRONMENT



- Primarily caused by food used in class projects and celebrations
- Nationwide survey of school nurses showed where reactions occurred<sup>1</sup>:
  - 79% classroom
  - 12% lunchroom
- 25% of reactions school settings occurred in children with no known food allergy<sup>2</sup>

<sup>1</sup>Weiss, et al. Impact of Food Allergies on School Nursing Practice. *Journal of School Nursing* 2004; 20 (5); 268-272.

<sup>2</sup>Sicherer, et al. Management of Food Allergies in the School Setting. *Pediatrics* 2010; 126; 1232-9.

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## TEAM APPROACH: KEY PLAYERS

- Administrators
- School nurses
- Foodservice director
- Teachers



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## TEAM APPROACH: OTHER SCHOOL STAFF

- Foodservice employees
- Custodians
- Bus drivers
- Coaches
- Classroom aides



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## FOOD ALLERGY MANAGEMENT PLAN

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




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## PREPARE FOR BULLIES

- ⦿ Teasing or taunting with food should never be allowed
- ⦿ School officials must take appropriate disciplinary measures




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## ACTION STEPS FOR SCHOOL FOODSERVICE EMPLOYEES




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## PLAN MENUS



- Follow physician’s written order for foods to avoid and substitute
- Substitutions do not have to be equivalent
- Substitute with foods already served or purchased when possible

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## READ LABELS

- Formulations can change frequently--read every label every time
- Ingredients may differ:
  - between different sizes of the same product (bulk v. consumer)
  - among brands/suppliers
  - different times the product is manufactured
- Do not 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.**

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## IDENTIFYING INGREDIENTS



- May need to contact the manufacturer
  - Bulk packaging may not list all ingredients
  - Some ingredients may be unclear (ex: modified food starch)
- Do not make assumptions

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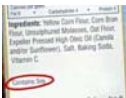
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## WHAT IS FALCPA?

- ⦿ Food Allergen Labeling and Consumer Protection Act of 2004
- ⦿ Regulated by FDA
- ⦿ The 8 major food allergens must be identified on food labels by:
  - ⦿ Common name (example: milk, wheat)
  - OR**
  - ⦿ A "contains" statement on the ingredients panel (contains milk).




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## ABOUT FALCPA



- ⦿ Only the 8 major allergens are covered
- ⦿ Name of each allergen only needs to be included once
- ⦿ Specific types of nuts and seafood must be identified
- ⦿ Meat, poultry, and egg products are not required to comply

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## ALLERGENS IN USDA FOODS

- ⦿ USDA Foods are labeled with commercial labels
- ⦿ Allergens can be identified on the ingredient label like other food products

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## PRACTICE PROPER HANDWASHING

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




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## 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
- ⦿ Prepare allergen free items first
- ⦿ Consider purchasing separate equipment and utensils
- ⦿ Establish procedures for food storage, preparation, labeling, and serving to prevent cross contact with allergens




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## 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





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## CAFETERIA STRATEGIES



- Consider offering allergen-friendly tables– **must** be optional
- Clean tables carefully
- Discourage food trading
- Encourage students to wash hands before and after eating
- Provide supervision to ensure orderly behavior, and respond to an allergic emergency

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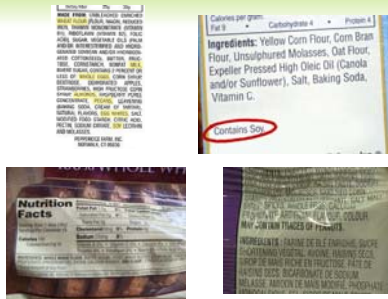
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## LABEL READING ACTIVITY




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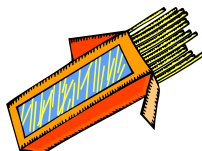
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## WHAT ALLERGENS ARE IN THIS SPAGHETTI?

**Ingredients:**  
Semolina, durum flour, roasted garlic powder, basil, natural and artificial flavors, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, and folic acid.




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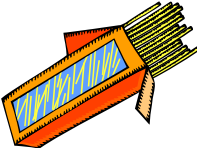
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**WHEAT**

**Semolina (wheat), durum flour (wheat),** roasted garlic powder, basil, natural and artificial flavors, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, and folic acid.




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**WHAT ALLERGENS ARE IN THIS CREAM OF MUSHROOM SOUP?**

**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.




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**WHEAT, MILK, SOY**

**Ingredients:**  
 Water, mushrooms, modified corn starch, **wheat flour (wheat)**, salt, **cream (milk)**, soybean oil, **sweet dairy whey (milk)**, **isolated soy protein (soy)**, **monosodium glutamate (may contain wheat)**, 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 (milk)**, granulated garlic.




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**THIS SALAD DRESSING IS OFTEN AN INGREDIENT IN COLE SLAW AND POTATO SALAD**



**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.

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**WHEAT, EGG**



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

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**WHAT'S IN A VEGGIE BURGER?**



**INGREDIENTS:**  
VEGETABLES (BUTTON MUSHROOMS, ONIONS, CRIMINI MUSHROOMS, PORTABELLA MUSHROOMS), COOKED BROWN RICE (BROWN RICE, WATER), ROLLED OATS, MOZZARELLA CHEESE (PASTEURIZED PART-SKIM MILK, CULTURES, SALT, ENZYMES), WATER, BULGUR WITH WATER FOR HYDRATION, PARSLEY, CHEDDAR CHEESE (PASTEURIZED MILK, SALT, ENZYMES, CULTURES, ANNATTO FOR COLOR), CONTAINS TWO PERCENT OR LESS OF YEAST EXTRACT, NATURAL FLAVOR, MODIFIED VEGETABLE GUM, SALT, MUSHROOM EXTRACT, GARLIC POWDER, AUTOLYZED YEAST EXTRACT, SPICES, CITRIC ACID, MALTED BARLEY, NATURAL BUTTER FLAVOR, WHEY, DEHYDRATED ONION, ANNATTO FOR COLOR, DEHYDRATED MUSHROOMS, GUAR GUM, NATURAL SMOKE FLAVOR, TURMERIC FOR COLOR, SOY LECITHIN.

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## MILK, WHEAT, SOY

**INGREDIENTS:**  
 VEGETABLES (BUTTON MUSHROOMS, ONIONS, CRIMINI MUSHROOMS, PORTABELLA MUSHROOMS), COOKED BROWN RICE (BROWN RICE, WATER), ROLLED OATS, **MOZZARELLA CHEESE (PASTEURIZED PART-SKIM MILK, CULTURES, SALT, ENZYMES) (MILK)**, WATER, **BULGUR WITH WATER FOR HYDRATION (WHEAT)**, PARSLEY, **CHEDDAR CHEESE (PASTEURIZED MILK, SALT, ENZYMES, CULTURES, ANNATTO FOR COLOR) (MILK)**, CONTAINS TWO PERCENT OR LESS OF YEAST EXTRACT, NATURAL FLAVOR, **MODIFIED VEGETABLE GUM (MAY CONTAIN SOY)**, SALT, MUSHROOM EXTRACT, GARLIC POWDER, AUTOLYZED YEAST EXTRACT, SPICES, CITRIC ACID, MALTED BARLEY, **NATURAL BUTTER FLAVOR (MILK)**, **WHEY (MILK)**, DEHYDRATED ONION, ANNATTO FOR COLOR, DEHYDRATED MUSHROOMS, **GUAR GUM (MAY CONTAIN SOY)**, NATURAL SMOKE FLAVOR, TURMERIC FOR COLOR, **SOY LECITHIN (SOY)**.

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## WHAT ALLERGENS MIGHT BE IN EGG ROLLS?

**Ingredients**



Vegetable protein product (textured soy flour, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate [B1], pyridoxine hydrochloride [B6], riboflavin [B2], and cyanocobalamin [B12]), onions contains 1 percent or less of salt, sugar, anchovy flavored fish sauce (anchovy fish extract, salt, sugar), monosodium glutamate, spice; CRUST: Enriched bleached flour ([wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], calcium propionate [preservative]), water, enriched durum flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), contains 2 percent or less of enriched bleached flour (wheat flour, malted barley flour, niacin [a B vitamin], iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), salt, cottonseed oil, dried whole eggs, wheat gluten. Fried in cottonseed oil.

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## WHEAT, SOY, EGG, FISH

**Ingredients**



Vegetable protein product (textured soy flour, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate [B1], pyridoxine hydrochloride [B6], riboflavin [B2], and cyanocobalamin [B12]) **(soy)**, onions contains 1 percent or less of salt, sugar, **anchovy flavored fish sauce (anchovy fish extract, salt, sugar) (fish)**, monosodium glutamate **(may contain wheat)**, spice; CRUST: Enriched bleached flour ([wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], calcium propionate [preservative]) **(wheat)**, water, enriched durum flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid) **(wheat)**, contains 2 percent or less of enriched bleached flour (wheat flour, malted barley flour, niacin [a B vitamin], iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid) **(wheat)**, salt, cottonseed oil, **dried whole eggs (egg)**, **wheat gluten (wheat)**. Fried in cottonseed oil.

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## LET'S COMPARE TWO CEREALS



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## CEREAL #1 - TOASTED OATS



**Ingredients:**

Whole grain oats (includes the oat bran), modified corn starch, sugar, salt, tripotassium phosphate, wheat starch, vitamin E (mixed tocopherols), added to preserve freshness.

**Vitamins and Minerals:** calcium, carbonate, iron and zinc, vitamin C (sodium ascorbate), a B vitamin, vitamin B6, vitamin A, vitamin B2, vitamin B1, folic acid, vitamin B12, vitamin D3.

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## CEREAL #1 - CONTAINS WHEAT



**Ingredients:**

Whole grain oats (includes the oat bran), modified corn starch, sugar, salt, tripotassium phosphate, **wheat starch (wheat)**, vitamin E (mixed tocopherols), added to preserve freshness.

**Vitamins and Minerals:** calcium, carbonate, iron and zinc, vitamin C (sodium ascorbate), a B vitamin, vitamin B6, vitamin A, vitamin B2, vitamin B1, folic acid, vitamin B12, vitamin D3.

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**CEREAL #2 - FROSTED FLAKES**



**Ingredients:**  
 Milled corn, sugar, malt flavoring, high fructose corn syrup, salt, sodium, ascorbate and ascorbic acid (vitamin C), niacinamide, iron, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamin hydrochloride (vitamin B1), vitamin A palmitate, folic acid, BHT, (preservative) vitamin B12, and vitamin D.

**CORN USED IN THIS PRODUCE CONTAINS TRACES OF SOYBEANS.**

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**CEREAL #2 - FROSTED FLAKES**



**Ingredients:**  
 Milled corn, sugar, malt flavoring, high fructose corn syrup, salt, sodium, ascorbate and ascorbic acid (vitamin C), niacinamide, iron, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamin hydrochloride (vitamin B1), vitamin A palmitate, folic acid, BHT, (preservative) vitamin B12, and vitamin D.

**CORN USED IN THIS PRODUCE CONTAINS TRACES OF SOYBEANS (soy).**

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**USDA & SNF RESOURCES**



- ⦿ Managing Food Allergies in Schools
  - ⦿ 3-part webinar series
- ⦿ Podcasts
  - ⦿ 4- 15 minute downloadable discussions
- ⦿ Available at:  
[www.schoolnutrition.org/foodallergy](http://www.schoolnutrition.org/foodallergy)

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## FOOD ALLERGY FACT SHEETS

- 8 Major Food Allergens
- Label Reading
- Menu Substitutions
- Questions and Answers
- Coming soon from NFSMI

Coming in 2011 from NFSMI!

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## NEW BOOKLET FOR SCHOOL EMPLOYEES

- Will food allergy information for all school staff
- Available in summer 2011

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## RESOURCES

- Food Allergy & Anaphylaxis Network (FAAN)  
[www.foodallergy.org](http://www.foodallergy.org)
- School Nutrition Association  
[www.schoolnutrition.org/foodallergy](http://www.schoolnutrition.org/foodallergy)
- Food and Drug Administration  
[www.fda.gov/Food/LabelingNutrition/FoodAllergensLabeling/ucm079311.htm](http://www.fda.gov/Food/LabelingNutrition/FoodAllergensLabeling/ucm079311.htm)
- International Food Information Council Foundation  
[www.ific.org/food/allergy/index.cfm](http://www.ific.org/food/allergy/index.cfm)

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**EXAMPLES OF FOOD ALLERGY POLICIES**

- Massachusetts Department of Education  
[www.doe.mass.edu/cnp/allergy.pdf](http://www.doe.mass.edu/cnp/allergy.pdf)
- Spokane Public Schools , Washington  
[www.spokaneschools.org/17422041383659530/site/default.asp](http://www.spokaneschools.org/17422041383659530/site/default.asp)
- Arlington Heights School District 25, Illinois  
[http://ahsd25.k12.il.us/student\\_services/health/allergydocs.php](http://ahsd25.k12.il.us/student_services/health/allergydocs.php)

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**QUESTIONS?**

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