Food Allergy Focus: How To Approach Gluten-Free and Food Allergies

Panel: Karen Olsen RDN LD SNS
Karen Sarno, MS, SNS
Marla Caplon, RD, LD

Key Area: 1 - Nutrition
Professional Standards Code - 1160
Welcome! AKA Hello, y’all

- **The Panel**
  - Marla Caplon, RD, LD, Director of Student Wellness Initiatives
  - Karen Sarno, MS, SNS, Food Service Supervisor
  - Karen Olsen, RDN, LD, SNS, Dietitian

- **Objectives**
  - 1: Identify the Big 8 allergens
  - 2: Summarize school-based action required for accommodations
  - 3: List ideas used to meet student special diet needs
PART I
THE BASICS
• The most common food allergens are (the “Big 8” plus)
  › Dairy  › Peanut  › Soy
  › Egg  › Tree nut  › Wheat
  › Fish  › Shellfish  › Seeds (sesame, sunflower)

• Other food allergies (IgE mediated)
  › any other food!!  › Oral allergy syndrome

• Food intolerances (e.g. enzyme deficiencies)
  › Lactose  › Sucrose intolerance  › Fructose intolerance

• Common diagnosis requiring medical nutrition therapy
  › Celiac disease  › Food protein enteropathy  › underweight for age/height
  › Diabetes  › Eosinophilic esophagitis  › overweight for age/height

• Poorly understood non-immunological intolerance reactions
  › MSG, Sulfites, histamine sensitivity
PART I  THE BASICS

• Americans with Disabilities Act of 1990 and the ADA Amendments Act of 2008 mandate that SFA/LEAs make reasonable accommodations for students with disabilities
  – Most physical and mental impairments will constitute a disability
  – Ensure equal opportunity to participate in or benefit from the program (at NO additional charge to the student)

• Dietary preferences for religious convictions, moral convictions, or general health convictions do not require accommodations

• Meals that do not meet the Program meal pattern are NOT eligible for reimbursement UNLESS supported by a medical statement. (SFAs may choose to accommodate requests related to a disability that are not supported by a medical statement if the requested modifications can be accomplished with the Program meal pattern)
PART I  THE BASICS

CHALLENGES

• Getting the notification and documentation
• Determining what is a “disability”, “severe”, “mild”, “testing”
• Determining ingredients outside the “Big 8”
• Determining appropriate info sharing
• Discerning preference vs medical issue
• Training staff
• Parent and staff confusion
• Tracking student info
PART II
A LOOK AT SYSTEMS
Montgomery County Public Schools
Gaithersburg, Maryland

• Largest School System in Maryland

• 159,600 students
  – 204 Schools
  – 132 Elementary
  – 39 Middle
  – 26 High
  – 1 Alt Ed
  – 5 Special Education

• School enrollment varies 250-3000

• Asian 14%  
• African American 22%  
• Hispanic 30%  
• Native Hawaiian <1%  
• Am Indian/Alaska Native <1%  
• White 29%  
• Two or more race 5%
• 800 Food and Nutrition Services staff
• Central production facility
• Central Warehouse
• Participation averages
  • 50 % Elementary School
  • 35 % Middle School
  • 20 % High School
• Free/Reduced Meal – average 34.5% ;
• Schools range from 1% free/reduced to 91%
## Montgomery County Public Schools

### Allergens & Food Sensitivity

**Mar 29, 2017**

#### BREAD

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<tr>
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**BRKFS**

**Rec. #** | **Description** | **Milk** | **Egg** | **Peanut** | **Tree Nut** | **Fish** | **Shellfish** | **Soy** | **Wheat** |
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**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.
# Elementary School Lunch Menu

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<th>Thursday</th>
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<td>*WG Cheese or Pepperoni Personal Pizza (330-359)</td>
<td>*Hot Dog on WG Roll &amp; Corn (369)</td>
<td>*Cheese or Pepperoni WG Pizza (310-330)</td>
<td>*Cheese or Pepperoni WG Pizza (310-330)</td>
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<td>Fat Free or 1% Milk (80-120)</td>
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**Ingredients:**
- *VG Chicken Nuggets*
- Ingredients: Chicken, Water, Textured & Concentrated Soy Protein, Sea Broth (Sugar, Salt, Onion Powder, Celery (60-85% Water, Enriched Wheat Flour, Salt, Vinegar, Vegetable Oil, Garlic Powder, Multiple Flavors, Glucose), Dehydrated Yeast, Titanium Dioxide, Dried Yeast, Turmeric Extract, Drying Agents, Vinegar Extract, Corn Starch, Ascorbic Acid (Vitamin C), and Soy Lecithin.

**VG Chicken Nuggets - Whole Grain White Whole Wheat Flour, Sugar, Yeast, Wheat Gluten.**

**VG Cheese -** Ingredients: Water, Maltodextrin, Cheese (Milk), and Salt.

**VG Raspberry -** Ingredients: Water, Sugar, Raspberry Puree, and Natural Flavors.
2017 Cafeteria Information

Menu Information
- Current Menus
- A la Carte & Vending
- Nutrition & Allergen Information
- Gluten Free & No Gluten Ingredients
- Frequently Asked Questions
- Menu Planning
- Nutrition Requirements of School Meals
- Wellness & Nutrition Initiative
- Wellness Message

Elementary and Pre-K Headstart Menus

Middle, High School & Staff A La Carte Menus

Online Prepayments
Gluten Free & No Gluten Ingredients

**Gluten Free (GF):** These foods contain less than 20 parts per million (ppm) of gluten. They are naturally gluten free, such as fresh fruits and vegetables, or tested and certified less than 20 ppm.

**No Gluten Ingredients (NGI):** The ingredients do not include gluten, but the products are not tested for gluten and/or may be at risk for cross contamination.
Montgomery County Public Schools  Gaithersburg, MD

Entrees/Proteins
- Beef Pattie: GF
- BBQ Chicken Drummies: NGI
- Chicken Ham, sliced: NGI
- Chicken Pepperoni: NGI
- Cheeses: Pepper jack, Sliced American, Shredded and String: GF
- Chickpeas, Roasted: GF
- Egg Patties: GF
- Ham, Virginia: GF
- Hummus, cups: GF
- Fruit ‘n Yogurt Parfait, w/o granola: NGI
- Philly Steak, Beef, with Cheese Sauce, NGI
- Sausage Links/Patties, Pork: GF
- Taco Meat: NGI
- Turkey Franks: NGI
- Turkey, Thanksgiving: NGI
- Turkey Break, sliced NGI
Grains/Cereals
- Oatmeal, Instant Maple: NGI
- Rice Krispies, Brown Rice: NGI
- Rice, WG: NGI
- Rice, Lime Cilantro: NGI
- Taco Pieces, Bulk: GF
- Tostitos Scoops and Rounds: GF

Prepared Recipes
- Cheese Sauce for Nachos/Philly: NGI
- Chicken Salsa Verde: NGI
- Marinara Sauce: NGI
- Spaghetti Sauce, with Meat: NGI

Miscellaneous/Condiments
- Bacon, Pork: NGI
- Cream Cheese Spread: GF
- Catsup, bulk/packet: GF
- Cranberry Sauce: GF
- Dressings, Ranch, Salsa Ranch & Universal: NGI
- Hot Sauce, Texas Pete: GF
Gluten Free Meal Service

• All food preparation is done separately from non-gluten free foods

• An identified location on the serving line has signage to indicate “gluten-free”

• Rice or tortilla chips are the “grain” offering each day

• No special “gluten free” foods are purchased

• Any student can participate
Examples of best practices

- Work with schools to create allergy zones
- Meet with parents, nurses, etc. to create special menu
- Involve food service staff with menu development
- Train food service staff on how to read labels
- Indicate allergy information on POS
- Meet with students to make sure they understand
- Transparency in communicating to parents
Type here

- Type here
Carroll County Public Schools
Westminster, Maryland

- County based school system in Maryland (10th of 24 in size)
- 25,300 students
  - 22 Elementary
  - 8 Middle
  - 8 High
  - 1 Alt Ed
  - 1 Special Education
- School size varies 20 – 1,520

- Asian 2%
- African American 4%
- Hispanic 5%
- Native Hawaiian <1%
- Am Indian/Alaska Native <1%
- White 85%
- Two or more race 3%
Carroll County Public Schools  Westminster, MD

- 140 Food service staff
- 40 cafeterias
- 3.5 Central Office Staff
- Participation averages 29% (12% - 50%)
- FARMS – average 20% ; range 4% - 59% - most under 22%
  - Lowest FARMS % in Maryland
- convection ovens, steamer, serving line, refrigeration/freezer
- Very limited food transport
- Classroom breakfast, CACFP, SFSP
- Mix of Single and Multi-unit Managers
Carroll County Public Schools  Westminster, MD

- Predominantly Rural
- **1 Region of County Suburban**
- Largest Urban Area 20,000 (county seat)
- 30 miles from Baltimore/ 50 miles from D.C.
- Aging Population with Declining School Enrollment
• Health Suites in all schools with licensed nursing coverage
• Injectable Epinephrine in Health Suite
• Plan -special diet requests initiated through Nurse
• Doctor’s Note Required
• Epinephrine Auto Injector Awareness Safe Schools Training Required Annually of all Employees
• Nurse enters Documented Dietary Restrictions in Student Database
• Student Database and Point of Sale System do not communicate
• Beginning of School Year the Previous Year Allergen List Printed by Cafeteria Manager from POS system
• Nurse Prints Student Database Allergen List
• Nurse Compares and Manually Updates POS List
• Returns List to Manager who Updates POS System
• Nurse only provides New or Updated Special Diet Requests to manager throughout the year
CENTRAL OFFICE

- Enters Product Allergen Information into Nutrikids
- "Doctor Up" Nutrikids Disclaimer Allergen List
  - Majority of Parents this Satisfies their Need
- Menu & Smart Snack Lists

- Disability Service vs Customer Service

<table>
<thead>
<tr>
<th>Breakfast Items</th>
<th>Portion</th>
<th>Calories</th>
<th>Total Fat (g)</th>
<th>Sat Fat (g)</th>
<th>Sodium (mg)</th>
<th>Cholesterol (mg)</th>
<th>Sugar (g)</th>
<th>Protein (g)</th>
<th>Vitamin A (IU)</th>
<th>Vitamin C (mg)</th>
<th>Calcium (mg)</th>
<th>Iron (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bagel, Bagelful Cinnamon</td>
<td>1 each</td>
<td>180</td>
<td>3</td>
<td>2</td>
<td>32</td>
<td>6</td>
<td>6</td>
<td>100</td>
<td>2</td>
<td>20</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Bagel, Bagelful Cream Cheese</td>
<td>1 each</td>
<td>190</td>
<td>5</td>
<td>3</td>
<td>180</td>
<td>29</td>
<td>3</td>
<td>4</td>
<td>6</td>
<td>200</td>
<td>2</td>
<td>2</td>
</tr>
</tbody>
</table>

Carroll County Public Schools Food Services
2016-2017 Nutritional Information

updated 5/2017
Harford County Public Schools
Bel Air, Maryland

- County based school system in Maryland (8th of 24 in size)

- 38,000 students
  - 33 Elementary
  - 9 Middle
  - 9 High
  - 1 Alt Ed
  - 1 Special Education

- School size varies 120 – 1450

- Asian 3%
- African American 18%
- Hispanic 7%
- Native Hawaiian <1%
- Am Indian/Alaska Native <1%
- White 65%
- Two or more race 6%
• 450 Food service staff
• 56 cafeterias
  • convection ovens, steamer, serving line, refrigeration/freezer
  • Classroom breakfast, CACFP, afterschool snack, FFVP
• Participation averages 45-50%
• FARMs – average 31%; range 7% - 90%
• Schools surrounded by farmland, army proving ground, suburbs of a city, bisected by major interstate highway
• Health Suite at every school – each staffed with RN or LPN
• Stock epipens at each school
• Self carry permitted with proper paperwork
GOAL
- All health info with student files at school (H&P, emergency cards, Medication Policy/Permission forms, parent notes)

Nurse sends Form 55 ONCE and notifies cafeteria (alternatively sends email, calls on phone, sends print out)

Nurse facilitates Safe-At-Schools online training

- DFNS puts alert on POS system
- DFNS notifies cafeteria
- If no documentation but likely true = TEMP
- Use online menu with allergens/ingredient list
- Café cannot use post its or other notes

Café will print out list

Staff training
- Orange allergy notebook
- Part of orientation – especially to cashier
- Rules for taking food away

Teachers

Harford County Public Schools Bel Air, MD
Harford County Public Schools  Bel Air, MD

Special Diet Information Submission

Date:__________________________

Student Name__________________________ ID#________________

School ____________________________ Grade ______________

Parent/Guardian Name:__________________________

☐ Student is insulin dependent

☐ Student is allergic to the protein in the following foods
  - Dairy PROTEIN (not lactose intolerant; all dairy protein containing foods are restricted)
  - Egg - Whole (may have small amount of egg cooked into foods)
  - Egg - all
  - Soy (soy oil and soy lecithin will be permitted)
  - Wheat
  - Fish (Note: shellfish will be restricted when participating in the school meal program for safety)
  - Shellfish (Note: fin fish will be restricted when participating in the school meal program for safety)
  - Peanut (Note: tree nuts will be restricted when participating in the school meal program for safety)
  - Tree nut (Note: peanuts will be restricted when participating in the school meal program for safety)
  - Other foods

☐ student has order for Epipen

☐ Student has other food intolerance issues
  - Celiac disease and/or gluten intolerance
  - EOE (eosinophilic esophagitis)
    - foods to be avoided:
  - Other — Specify diagnosis ____________________________
    - specific foods to avoid:
  - eczema/skin issues — should not consume these foods on a regular basis:

  (Note: ALL food proteins listed will be restricted when participating in the school meal program for safety)

☐ Other — Specify diagnosis and foods omitted ____________________________

School nurse: initial or sign here ____________________________

Please attach copy of medical documentation with healthcare provider signature (Medication Policy and
Permission Form; Doctor section of Physical form; Doctor note).

If using this form as medical documentation require:

Please include diagnosis: ____________________________

Physician Signature ____________________________ Date:__________________________
Harford County Public Schools  Bel Air, MD

Student Entry Form

ID #: 000000e
Name First: Jane
MI: D
Name Last: Student
Attachments: Grade: 1 Grad Year: 2028
Parent/Guardian
Phone:
Email:
School: ABES 23
Parent Description: peanut allergic - avoids all nuts
Date of Medical Documentation: 06/01/2015
Doctor Description: peanut allergy
MD Specific Notes: epipen
Dietary Note Date: 08/29/2015
Dietary Note 1: Peanut Tree nut
TEMP?:
Date:
Other Note:

NOTES (initial any info added in notes):
08/29/17 Peanut Tree nut flag placed per MD info via school nurse

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**Chicken, Orange**

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken, Breaded (Lings #15552-4)</td>
<td>6 (5#) bags</td>
</tr>
<tr>
<td>Orange Sauce (Lings #15552-4)</td>
<td>6 (36 oz) bags</td>
</tr>
<tr>
<td>Brown Rice, Prepared (Producers #R2PX29000)</td>
<td>22 quarts *</td>
</tr>
</tbody>
</table>

*Condiments made available: Red Pepper Flakes*

**Method**

- **Do Not Thaw Chicken** — cook from frozen state
- Pre-heat oven to 400°F
- Place chicken in a single layer and spread evenly on baking sheets either lined with parchment paper or sprayed with pan release bake oven for 16-20 minutes, until golden brown and internal temperature reaches 165°F
- Place in a 2 inch deep serving pans.
- Heat the bag of sauce in steamer or boil it in the bag until a minimum temperature of 140°F
- Hot hold chicken and sauce separately in hot box or serving line over 140°F.
- **Just prior to service**, pour sauce so that it evenly covers the chicken pieces. This will prevent product from becoming “soggy” instead of crisp and will not dry out on line.
- Serve 8 scoop of chicken over 8 scoop of heated prepared rice.
- Cool rapidly any leftovers not previously combined w/sauce to below 40°F
- Toss all remaining combined product.
- Reheat only one time to 165°F in steamer/oven

**Serving Information**

- **Serving Temperature** Over 140°F
- **Serving Utensil** #8 scoop
- **Serving Size** ½ cup Chicken
  - Middle & Elem: ½ cup rice
  - High school: ½ cup rice
  - *Optional 1 cup Rice*

**Nutritional Information**

<table>
<thead>
<tr>
<th>Item</th>
<th>Gm Carb</th>
<th>Calories</th>
<th>Gm Protein</th>
<th>Gm Fat</th>
<th>Gm Sat Fat</th>
<th>Gm Fiber</th>
<th>Mg Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Middle &amp; Elem (1/2 cup rice)</td>
<td>41</td>
<td>304</td>
<td>16</td>
<td>8</td>
<td>2.4</td>
<td>1</td>
<td>513</td>
</tr>
<tr>
<td>High school (1 cup rice)</td>
<td>56</td>
<td>399</td>
<td>17</td>
<td>12</td>
<td>4</td>
<td>2</td>
<td>644</td>
</tr>
<tr>
<td>Without rice</td>
<td>21</td>
<td>170</td>
<td>12</td>
<td>3</td>
<td>.6</td>
<td>0</td>
<td>317</td>
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</tbody>
</table>

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Cafeteria Staff Actions for Food Allergic Students

If you are serving a child who has a food allergy: Other than eating a food containing an allergen, students with this allergy are likely to react after consuming a food that has been cross contaminated with the allergen.

All Staff
- Be aware of the types of food allergies students in YOUR school have – look at the list of students with Dietary Notes alerts.
- Prior to the meal, check the Tools of the Trade (TOT) recipes and be aware of the allergens present in the food items being served that meal. Note, TOT only notes the “Big 8” food allergies.
- Check all food labels to ensure the same brand used in the recipe. If the brand name is different, review the ingredient label or call Food and Nutrition Services central office to obtain assistance determining if the food is safe for allergic students.
- Wash hands and change gloves after completing work and moving onto another type of food.
- Wash all preparation utensils (knives, cutting boards, work surfaces) thoroughly with soap and hot water before using on another product. Always wash sheets trays after each use.
- Provide information for students who have a food preference, however, staff is not expected to remove or enforce family food preferences.
- Be aware of signs and symptoms of allergic reactions. Alert the nurse if you suspect a reaction is occurring.

Leads/Managers
- The Dietary Notes on the cafeteria system do not interact with the school’s student database for allergies. All notes must be entered by the diestitian. If a school staff member reports a food allergy or other food issue to you, refer that person to the school nurse and/or the diestitian at Food and Nutrition Services.
- Do not accept notes from parents about food allergies – send the parent to the school nurse.
- It may be helpful to set up a system where the classroom teacher or student alerts the cafeteria staff when the student will be buying a meal.
- If your school has a Peanut/Tree nut free table or seating, assign a staff member to create a wiping bucket and cloth that is used only in the Peanut/Tree nut Free Area.
- If the nurse provides photos of food allergies, determine a central posting location so all cafeteria staff can easily reference the photos for ID. Be discrete when identifying the students.
- Communicate any concerning behaviors to the school nurse (such as a student who frequently tries to sneak high risk foods, students unable to choose correctly, etc.)
- Contact the diestitian at the Food and Nutrition Services office if information, clarification or additional training is needed.

Servers
- Become familiar with any posted photos of food allergic students.
- Just before serving the food allergic student his/her meal, change serving gloves.
- Be sure that serving utensils are used only in one food (e.g. don’t use the same spatula to serve shrimp poppers and fricas.)
- If you are unsure about a food item, do not serve it to the student and offer a safe substitute.
- With clean gloves and utensils, servers may choose to obtain food from the hot holding cart or other specified area where cross contact of allergens is unlikely.

Cashiers
- Elementary
  - Read the All Dietary Note every time.
  - Remove foods containing allergens from the student’s tray.
  - If the student behavior is concerning, alert the cafeteria manager/lead so that the school nurse can be notified.
  - For students with contact-type allergy, the cashier may key in the student by name so that the PIN keypad is not used.
- Middle and High
  - Read the All Dietary Note every time.
  - Advise the student if a chosen food item contains their allergen. Do not remove foods from the student meal tray.
  - If the student behavior is concerning, alert the cafeteria manager/lead so that the school nurse can be notified.
  - For students with contact-type allergy, the cashier may key in the student by name so that the PIN keypad is not used.

Floor Monitor
- Be aware of the signs and symptoms of a food allergic reaction. Alert a school staff member assigned to the cafeteria and alert the school nurse immediately.
- Be alert to signs of “bullying” by other students.
- Discourage trading of any foods between students.
IN A NUTSHELL (PUN INTENDED....) – notes school nurses about food allergies and the cafeteria

The cafeteria computer system is separate from the student database – although we obtain student medical info and some other data, I have no access to the data nurses enter about students. Ask the cafeteria to print the list (called Dietary Notes List) for you to compare to your database.

Summary of action needed by school nurse:
<New student to the system WITH medical info: Send medical information and Form 55 (fax or courier you don’t need to do both).
<New student to the system with NO medical info, but you suspect allergy/issue is accurate. Send any info available via email, fax or courier – may use a Form 55, a TEMP note appears behind the flag – submit medical information via fax or courier when it becomes available.
<New student to your school but not new to system: Cafeteria can determine if there is an existing Dietary Note in the computer system (you may request a printed Dietary Notes list). If yes, no action is needed; if no, send (fax or courier) the medical info.
<Student previously enrolled in your school with a change in allergy: Send (fax or courier) medical documentation – parent note is not sufficient.
<Student previously enrolled in your school with NO changes: No action is needed.
<Lactose intolerance: Medical documentation is no longer required, but an alert can still be placed. Use the Form 55 for Lactose Intolerance posted under “Dietary Restrictions” on the Health Services share site.
<Other: If you can’t remember, are not sure, think this is weird etc – call or email karen.olsen@hcps.org (x 4078)

You may see these alerts:
<NutAlert – in the school setting: students with a nut allergy are flagged to avoid BOTH types of nuts (even though they may have only one documented allergy).
<Fish/Shellfish Alert – in the school setting: students with either allergy are flagged to avoid BOTH because of cross contact in the processing plants (even though they may have only one documented allergy)
<EG Alert – student avoids all egg including egg baked into mixes.
<Whole Egg Alert – student avoids only obvious egg such as hard boiled or egg pannie
<Gluten Alert for wheat allergy, gluten intolerance or celiac
<Casey Alert – for students with lactose intolerance who cannot tolerate milk but can tolerate other dairy products – students may choose Lactaid milk in place of regular milk
<All Lactide Alert – for students with lactose intolerance who cannot tolerate most milk products – student may choose Lactaid milk in place of regular milk (this alert may overly restrict students capable of making their own decisions to consume yogurt, cheese or ice cream. Choose Lactide Alert for most students)

Students with complex allergies (multiple allergies) or gluten or soy alerts who will eat in the cafeteria most days will need a special plan – this takes several days to create and stock. The student should pack a lunch until I am able to provide guidance to the cafeteria staff.

TEMP – means I do not have medical documentation confirming the allergy or diagnosis; I cannot accept copies of blood tests or allergy tests – many individuals have positive test results put are not allergic to the item.

Removal: Physician’s documentation is required to have an alert removed from the cafeteria computer – a note from the parent is not acceptable.

Food/Religious Preferences: we do not flag food preferences, including religious food choices such as vegetarianism. A food preference does not present a medical issue that would interfere with the educational process. Parents/guardians should review the menu with their student – information about ingredients is available using the online menu at www.hcps.nutritrace.com. Parents could print a menu, circle the items the student may choose and have the student carry this to the meal line to use as a guide. The only exception is a preference for “no pork” but this flag will be placed out now that menus are online. Cafeteria staff NOT responsible for guiding the student with a preference.

Other flags on the cafeteria accounts are for our staff – NOs, Confirm ID etc.

No food or allergens is restricted from the school setting – most organizations, including FARE (Food Allergy Research and Education) and most local allergy specialists point out that this gives students a false sense of security (not to mention we have at least 20 different types of food allergens on file for students in the school system – we’d have nothing left to serve), our goal is to teach these students to self-manage their care by the time they graduate since most of them will have these food allergies for their entire lives; this includes hand washing, not sharing foods, not making risky choices, asking about a food if they are unsure etc.

Hand washing before and after breakfast and lunch is critical for food allergic students and their classmates; this prevents accidental cross contact of a food allergen with a surface like a door handle, desk top, borrowed pencil etc. Hand sanitzers WILL NOT work in this case – the protein allergen needs to be washed down the drain.

At the elementary school level, cafeteria staff may remove food from a student’s tray if the items contain an allergen. In middle and high schools, the staff will inform the student they have chosen a high risk item, but will not remove it from the tray. Special needs students who are unable to make wise choices may need IA or other supervision at the middle and high school level – work into the IEP or 504 plan as needed.

Karen Olsen RDN LD SNS
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Food and Nutrition Services
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karen.olsen@hcps.org
101 Industrial Lane
Forestville, MD 20750
www.hcps.org

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Other strategies

- Choose nut free manufacturing facilities when available
- Avoid colors from artificial sources, non-nutritive sweeteners if possible
- Obtain manufacturers statements on processing
- Limit use of nuts and seeds in recipes
- Do not claim to be “nut free” but choose IW products
- Encourage manufacturers to label IW products with allergen status
• Strategies for students with multiple allergies
• Special meal plan listing
• Special purchases (limited)
• Labels
PART III
CREATE YOUR PLAN
Your “TO DO” list

• Sign up for food recall notices [www.recalls.gov](http://www.recalls.gov)
• Sign up for food allergy alerts [www.foodallergy.org/alerts](http://www.foodallergy.org/alerts)
• Review current protocol
• Stay simple and consistent
• Err on the side of student safety
References and Resources

- USDA Memo SP 59-2016 Modifications to Accommodate Disabilities in the School Meals Program
- Americans with Disabilities Act of 1990, Title II, Title III
- Americans with Disabilities Educations Act of 1990 (IDEA)
- Section 504-Rehabilitation Act of 1973
- USDA Regs 7 CFR 15b “Nondiscrimination on the Basis of Handicap in Programs receiving Federal Financial Assistance”
- Institute of Child Nutrition www.theicn.org
- FARE -Food Allergy Research and Education www.foodallergy.org
- Academy of Nutrition and Dietetics www.eatright.org
Questions?
Marla Caplon
• No affiliations or conflicts to disclose

Karen Olsen
• No affiliations or conflicts to disclose

Karen Sarno
• No affiliations or conflicts to disclose
PROFESSIONAL STANDARDS CODE

• This session provides one (1) CEU
  – Key Area: 1 - Nutrition
  – Professional Standards Code - 1160
  – Key Topic: Keeping students with food allergies safe while participating in school meal programs is a daily challenge. Join an experienced panel as they discuss their challenges, solutions, and the systems they have in place to protect students with allergies and gluten intolerances.