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Teamwork is Key to Successful Food Allergy Management in Schools

Wednesday, February 22, 2012
Questions & Answers

• Type your questions into the “Question” box at any time during the webinar

• Questions will be addressed during the webinar and at the end as time allows
How many people are viewing the webinar at your computer?

- 1-2
- 3-4
- 5-6
- 7-8
- 9 or more
Today’s Topics

• Review facts about food allergies and best practices related to food allergy management in schools

• Overview of how child nutrition professionals can work effectively with administrators, teachers, and nurses to create comprehensive food allergy management plan

• Identify key allergy risk areas in schools and kitchens
Expert Panel

Sherry Coleman Collins, MS RD, LD
Senior Manager
Marketing and Communications
National Peanut Board

Douglas R. Wordell, RD
Nutrition Services Director
Spokane Public Schools
Food Allergies 101: The Basics
What Is Food Allergy?

• Immune response
• May effect multiple organ systems
  - Gastrointestinal (GI)
  - Skin
  - Respiratory
  - Cardiovascular
• Can cause death
• Diagnosed by board certified allergist
How Many People Have Food Allergies?

What do you think?

• Adults - More than 3%
• Children - About 6%

What are the most common for children?

• Milk - 2.5%
• Egg - 1.5-3.2%
• Peanut - 1.2%
• Followed by tree nuts, shellfish, fish, soy and wheat

American Academy of Allergy, Asthma and Immunology. Available at: http://www.aaaai.org/media/statistics/allergy-statistics.asp#foodallergy

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What Are People Allergic To?

Figure 1: The “Big Eight” Allergens: Tree Nuts, Peanuts, Soy, Egg, Milk, Fish, Wheat and Shellfish.

Source: www.kitchenswithconfidence.com
What Does a Reaction Look Like?

- Gastrointestinal - itchy mouth or throat, abdominal pain, nausea, vomiting, diarrhea
- Eye - Itching, watering, swelling
- Skin - Hives, swelling, atopic dermatitis (eczema)
- Respiratory - Wheezing, repetitive cough, laryngeal edema (swelling of the lips and throat), runny nose
- Generalized - Anaphylaxis*
- Biphasic Response

*Anaphylaxis may involve several of the symptoms listed above and may also involve difficulty breathing, a drop in blood pressure, or loss of consciousness.

FAAN. Symptoms. Available at: www.foodallergy.org/page/symptoms1
What About the Smell?

- Reports are generally anecdotal
- Studies have not reproduced anaphylaxis via inhalation or skin contact
- Ingestion of the potential allergen has the potential for life-threatening reaction
- Experts say this is not a risk for life-threatening anaphylaxis

Douglas R. Wordell, RD
Nutrition Service Director
Spokane Public Schools
Regulations & Guidelines
Food Allergy Related Laws

- Americans with Disabilities Act (ADA)
- Individuals with Disabilities Education Act (IDEA)
  - Section 504
- Family Education Records Privacy Act (FERPA)
- WA State Law: RCW 28A.210 Sec 1
Food Allergy & Anaphylaxis Management Act (FAAMA)

- Voluntary
- Recommends all school districts create a plan to manage food allergy & anaphylaxis
- Guidelines not yet released
  - Developed by committee including Center for Disease Control, School Nutrition Association representatives, Food Allergy Anaphylaxis Network, National School Boards Association, families and other experts
  - Model is Food Allergy & Anaphylaxis Network’s School Guidelines
USDA Rules... Diet Prescription

• Must make substitution for students w/disability that impacts diet
• Determination/substitution made by “licensed physician”
• Signed statement must include:
  1) Handicap/disability and why it restricts diet;
  2) Major life activity effected by handicap;
  3) Foods to be omitted from diet
Accommodations

• Potentially life-threatening food allergies are classified as a disability since they affect one or more activity of daily living (ex. Eating)

• Reasonable accommodations must be made

• Bans Do NOT Work!
Your Role in Saving a life: Creating a Comprehensive Plan
Spokane Public Schools (WA)

- 50 Schools
- 29,600 Students
- Daily: 6500 Brkfst, 17,000 Lunch, 2000 Snack
- 57% Free/Reduced Price Meals
- 185 employees
- 38 Summer meal site (100,000 meals)
- 10 Fresh Fruit and Vegetable Grant Schools
- $250,000 in annual Catering Services
NATHAN WALTERS
LOST TO SEVERE FOOD ALLERGY MAY 18
2001
## Trends For Life Threatening Allergies

Based on Approx. 30,000 Students @ 50 schools

<table>
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<tr>
<th>School Year</th>
<th>Severe Food Allergy (coded)</th>
<th>Food Allergy EAP’s</th>
<th>Bee/InsectAllergy</th>
<th>Latex Allergy</th>
<th>Other Health Care Plans/EAP’s</th>
<th>Total Health Care Plans/ EAP’s</th>
<th>Total Life-Th Health Care Plans/EAP’s</th>
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Allergy System Key Pieces

- **Awareness:** Education & Teaching
- **Prevention:** System design, limit risks
- **Emergency Readiness:** Be ready
- **Monitoring:** Continuous improvement
Assessment (Systems Review)

• Determine areas of risk in your school/district
  - Classroom snacks
  - Parties and celebrations
  - Cafeteria
  - Transportation/Buses
  - Common areas
  - Kitchens
  - Standard Operating Procedures
Standardization

- Medical Documentation
- Enrollment process identifies life-threatening allergy (CCP)
- Emergency Allergy Action Plan (CCP)
- 504 or IEP Form
- Care Team Form
- Allergy Guidelines for district written
Building a Team

- Parent
- Student (age appropriate)
- School nurse
- Teachers
- Principal
- Afterschool Director
- School food service and nutrition manager/director
- Counselor and/or Social Worker
- Bus Driver
- Local support group
Care Team Parent Meeting:

- Classroom
- Parties/celebrations
- EAP & Medication
- Bus
- Afterschool/off campus... CCP!
- Playground
- Lunchroom
- Field trip check list
Communication

• Take Every Reaction Seriously - Report Every Reaction to the Parent
• Record any Reaction in the Student’s File
• Ensure the Whole School Community is Aware of the Food Allergy Management Plan
Spokane Best Practices

- Registration: Parent packet, EAP in place prior to attendance (CCP)
- District 504 IEP plan in place, understood
- Care team meeting with parent
- Call 911 all staff aware (CCP)
- District champion identified
- Training Action Steps
Spokane Best Practices

- Diet Order Managed by NS
- Simplified system of standard substitutions
- POS Warning on Screen, Green dot
- Green Allergy Card in Line
- Label Nut Products
- No Peanut Butter Cookies at Elementary
- Allergens Treated as PHF
- EAP Posted by Serving Line
Spokane Best Practices

- All Food Labels on file, communicated
- Kitchen staff meet students w Allergy
- Standardized Field Trip Form (CCP)
- POS system allergy notes
- Cross contamination procedures
- Procedure for food substitutions
Annual Café Specific Training

- Food Allergy basics
- Identifying food allergens
- Preventing cross-contact
  - Hand washing
  - Preparation
  - Service
- What to do in an emergency
- Label reading
Monitoring & Evaluate

- Practice the plan
- Adjust where needed and in conjunction with changes in student care plan or diagnosis
- After an accidental ingestion - Debrief!
- Annual systems review: Nursing/NS
- Track and Review data annually
Cleaning

• Training of all potential staff involved in cleaning
• Soap and friction remove food allergen proteins
• Sanitizer does not remove or denature food allergen proteins
Creating Allergen-Safe Zones

- Classrooms: Hand washing practices
- Common Areas
- Buses
- Specific Café Tables
Emergency Readiness

- Risks always exist
- Keep it simple
- Standardize EAP
- Field Trip Form
- Emergency... CALL 911
- Practice Emergency Plan (Part of normal drills)
- Major risks: outside school day/campus
For More Information

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sccollins@nationalpeanutboard.org

Doug Wordell
DougW@SpokaneSchools.org
Questions?
School Food Safety

Elizabeth Bugden
Bugden Solutions, Inc.
7 Principles of HACCP

Risk Assessment = Evaluation
  * Conduct Hazard Analysis

PLUS

Risk Management = Control

  * Identify Critical Control Points
  * Establish Critical Limits
  * Monitor Critical Control Points
  * Determine Corrective Action
  * Verification
  * Recordkeeping

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Hazard Analysis Questions

“What is the likelihood of the hazard to occur here?”

“What is the risk if the hazard does occur?”
Reminder: Food Safety Hazards

Goal: Control/prevent/minimize food safety hazards that may cause illness or injury

Biological
- Bacteria
- Viruses
- Parasites

Chemical
- Allergens
- Pesticides
- Sanitizers
- Food Additives

Physical
- Plastic
- Glass
- Metal
Follow the Flow of Food
Process 1: Complex No Cook
Ex: Fruit Salad

**RECEIVE**
Control Measures: Known Source, Receiving Temperatures

**STORE**
Control Measures: Proper Storage Temperatures, Prevent Cross Contamination,
Store away from chemicals

**PREPARE**
Control Measures: Personal Hygiene, Restrict III Employees,
Prevent Cross Contamination

**CCP: COLD HOLDING**
Critical Limit: Hold at 41°F or Below.
Check and record temperatures.

**SERVE**
Control Measures: No Bare Hand Contact with Ready to Eat
Food, Personal Hygiene, Restrict III Employees
Process 2: Same day service

Ex: Baked Chicken

**RECEIVE**
Control Measures: Known Source, Receiving Temperatures

**STORE**
Control Measures: Proper Storage Temperatures, Prevent Cross Contamination, Store away from chemicals

**PREPARE**
Control Measures: Personal Hygiene, Restrict Ill Employees, Prevent Cross Contamination

**CCP: COOK**
Critical Limit: Internal Temperature of 165°F for 15 seconds.*
Check and record temperatures.

**CCP: HOT HOLD**
Critical Limit: Hold at no less than 135°F.* Check and record temperatures.

**SERVE**
Control Measures: No Bare Hand Contact with Ready to Eat Food, Personal Hygiene, Restrict Ill Employees

**Allergen Risks**

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

* Critical limit check temperatures.
### Process 3: Complex Food Preparation

**Ex: Beef and Bean Tamale Pie**

#### RECEIVE
Control Measures: Known Source, Receiving Temperatures

#### STORE
Control Measures: Proper Storage Temperatures, Prevent Cross Contamination, Store away from chemicals

#### PREPARE
Control Measures: Personal Hygiene, Restrict Ill Employees, Prevent Cross Contamination

#### CCP: COOK
**Critical Limit:** Cook to 165°F for at least 15 seconds.*  
Check and record temperatures.

#### CCP: COOL
**Critical Limit:** Cool to 70°F within 2 hours and from 70°F to 41°F or lower within an additional 4 hours."  
Check and record temperatures.

#### CCP: REHEAT
**Critical Limit:** Heat to 165°F for at least 15 seconds.*  
Check and record temperatures.

#### CCP: HOT HOLD
**Critical Limit:** Hold for hot service at 135°F or higher.*  
Check and record temperatures.

#### SERVE
Control Measures: No Bare Hand Contact with Ready to Eat Food, Personal Hygiene, Restrict Ill Employees

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Standard Operating Procedures

Responsible to write, train, follow, and verify standard operating procedures

Resource: www.nfsmi.org
Enter SOP in the search function

Example of Sanitation SOP
(of particular importance for managing food allergens)

Clean and Sanitize

- Clean with soap and friction; WILL REMOVE ALLERGEN RESIDUE
- Sanitize to reduce microorganisms that cause disease; WILL NOT REMOVE ALLERGEN RESIDUE
HACCP-Based SOPs

Cleaning and Sanitizing Food Contact Surfaces
(Sample SOP)

PURPOSE: To prevent foodborne illness by ensuring that all food contact surfaces are properly cleaned and sanitized.

SCOPE: This procedure applies to foodservice employees involved in cleaning and sanitizing food contact surfaces.

KEY WORDS: Food Contact Surface, Cleaning, Sanitizing

INSTRUCTIONS:
1. Train foodservice employees on using the procedures in this SOP.
2. Follow State or local health department requirements.
3. Follow manufacturer’s instructions regarding the use and maintenance of equipment and use of chemicals for cleaning and sanitizing food contact surfaces. Refer to Storing and Using Poisonous or Toxic Chemicals SOP.
4. If State or local requirements are based on the 2001 FDA Food Code, wash, rinse, and...
HACCP Principles

**Principle #4**
Monitor

- Monitoring provides tracking for your food safety and food allergy management system.
- If it isn’t written down, it didn’t happen!

**Principle #5**
Determine Corrective Action

- Predetermined steps to determine the cause, who will take the action, what happens to product in question, record what actions were taken.
HACCP Principles

**Principle #6 Verification**

- Allows you to confirm your food allergy plan is working
- Make modifications as needed

**Principle #7 Recordkeeping**

- Record keeping or documentation, is written proof that your HACCP system is in *action* and that you prepare, serve, and sell safe food.
Food Allergy Management Plan

- Outline and address each step in the flow of food in a food allergy management plan
- Prepare your staff with emergency protocols to respond to a food allergy emergency that could occur in the school cafeteria
- Review your food allergy management plan at least annually, when something changes, or after an emergency involving food allergies

(For example: a new student with food allergies arrives, a new employee starts work, or you purchase new product containing allergens).
Questions?
Polling Question

Have all of your workers and substitute workers been trained in handling food allergens?

a) Yes
b) No
c) Don’t know
Bringing Everyone to the (Food Allergy) Table

Nora Howley and Jennie Young
NEA Health Information Network

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Planning

• A child with food allergies can join the school community at any time
• Need to have your team and plan in place
• Can adapt or tweak to specific circumstances
Build Your Team

- School nurse
- Allied health professional
- School food service lead and worker
- Teacher
- Custodian
- Counselor
- Administrator and office staff
- Paraeducator
- Bus driver
- Parent
- Student (if age appropriate)
What Do People Know?

• Key to designing training and plan
• Everyone needs the basics
  – Recognize symptoms
  – Know what to do in an emergency
  – How to eliminate allergens from the environment
    • Rewards
    • Art materials
    • Snacks/outside food
    • Cleaning
      – Understand the district or school’s self-carry policy for older children
• Training
  – Annual for all staff
  – Training for new staff as they join the community
  – Training for volunteers, substitutes, and any outside contractors
Gather All Your Documents

- District and/or state policy (handwashing, food sharing, allergen-safe zones, bullying)
- Specifics of students with known allergies
  - Health forms and medical documentation (confirmed diagnosis by physician)
  - Allergen(s)/foods to avoid
  - Food substitutes/modifications
  - Symptoms
  - Treatment
- Update forms and plans annually or when change in student’s medical condition
Food Allergy Management and Prevention Plan

• FA team will develop and implement the comprehensive school-wide plan
• Daily management of FAs; emergency response; education/training for staff, students, parents; bullying/discrimination
• Every student with a diagnosed FA should have a food allergy action plan (emergency care plan) on file at school
Food Allergy Action Plans

• How to handle food allergy emergency
• Symptoms
• Medication use
• Emergency contact information
• Identifying information (such as photos)
• Actions to take in emergency situation
• Shared with all appropriate school staff (in accordance with privacy rights)
Allergen-safe Areas and Practices

• Not a replacement for other prevention practices
• Should not stigmatize the allergic child
• Look for substitutions (non-food rewards for example) for all
• For food in the classroom (such as school breakfast) how will the allergic child be provided for and protected
Communicate

• Does everyone in the school community know the basics?
• Do families understand what is being done to protect their child?
• How is information updated?
• What will we do with the unexpected?
Coming Soon

New Food Allergy Publication from NEA HIN
For More Information

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www.neahin.org
Remember...

- It Takes A Whole Team
- It’s about ALL kids safety
- There is NOT a one size fits all system
- It is about TRUST, Respect, & Safety
- It is ONE child at a time
- No Adrenaline Adversarial Responses
- Keep it SIMPLE and Doable
- NEVER put in writing what you cannot do!
What is ONE action step you should take for your school/district?

Tell Someone...Do it!
Resources

New E-learning Resource from School Nutrition Foundation

Managing Food Allergies in the School Foodservice Setting

- FREE 60 minute course with 5 lessons
- Worth 1 CEU in Key Area 4: Operations
- [http://www.snuniversity.org/](http://www.snuniversity.org/)

[www.schoolnutrition.org/foodallergies](http://www.schoolnutrition.org/foodallergies)
Questions?
Thank You

Archive available by February 23, 2012.

Slides, recording, CEU info, and other resources available at www.schoolnutrition.org/webinars

Upcoming Peer2Peer Connect Call
March 6th from 2:00-3:00 PM EST
Q&A Connect on Food Allergies
As a follow up conversation from today’s webinar, connect to share ideas, resources, comments, and questions around food allergy management in schools and how to build an effective food allergy management plan.
www.schoolnutrition.org/webinars

February 28th from 2:00-3:00 PM EST
Q & A Session on How to Improve the On-Line Presence of your CN Department
This 60 minutes Q & A discussion will allow you to connect and share ideas, resources, comments, and questions around how school food service departments can optimize the information they present on-line including menus, nutrition information, and payment options. www.schoolnutrition.org/webinars