



safe@school<sup>TM</sup> partners

Helping Schools become FoodAllergy Smart<sup>TM</sup>

www.foodallergysmart.org

Food allergies are a growing health concern in schools across the country. The incidence of the peanut allergy – the deadliest of all the food allergies – fully doubled in the five-year period from 1997-2002.

Today, more than 2 million school-aged children in this country suffer from food allergies. Medical experts agree that this number is increasing exponentially. These kids must watch every bite they eat or risk suffering a potentially life-threatening reaction known as anaphylaxis.

With more and more young children being diagnosed every day, schools must become proactive in creating a safer environment for kids with life-threatening food allergies. To help, we've developed three easy-to-implement steps on how to become a *FoodAllergy Smart<sup>TM</sup> School*.

## Is your school *FoodAllergy Smart<sup>TM</sup>*?

*FoodAllergy Smart<sup>TM</sup>* schools are better, safer places for students with food allergies because:

- 1) ***FoodAllergy Smart<sup>TM</sup>* schools have in place a written document with Food Allergy Protocols.** This document outlines in detail the responsibilities of parents and school staff members (principal, nurse, classroom teacher, specialty teacher, playground monitor, cafeteria manager, bus driver, after-school activities coordinator, etc.) in managing students' life-threatening food allergies.
- 2) ***FoodAllergy Smart<sup>TM</sup>* schools train teachers and staff how to CARE<sup>TM</sup> for kids at risk of anaphylaxis.** All teachers and staff who supervise kids at risk of anaphylaxis should receive training on:
  - **C**omprehending the basic medical facts about food allergies.
  - **A**voiding the **A**llergen.
  - **R**ecognizing a **R**eaction.
  - **E**nacting **E**mergency Action Plan!

For more information, see Safe@School<sup>®</sup> Partners' download [Recommended School Training: How to CARE<sup>TM</sup> for Kids with Food Allergies](#)

- 3) ***FoodAllergy Smart<sup>TM</sup>* schools require that parents of food-allergic kids submit an Emergency Action Plan.** This one-page document includes the foods a child is allergic to; the symptoms of an allergic reaction; the requisite treatment; emergency contact information; a picture of the child; and a

doctor's signature. (For a sample document, download The Food Allergy & Anaphylaxis Network's plan: [www.foodallergy.org/actionplan.pdf](http://www.foodallergy.org/actionplan.pdf)).