



**Utah Parent Center**  
Special needs, extraordinary potential

## Resources for Food Allergies in the School

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# Resources for Food Allergies in the School

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## **Managing Food Allergies in the School Setting: Guidance for Parents**

For some parents, sending a child with life-threatening food allergies off to school can feel like an overwhelming task. Successfully transitioning your child into school requires forming a partnership between you and a team of key individuals that includes the school nurse, teachers, administrators, cafeteria staff, maintenance staff, transportation staff, coaches, other parents, and your child's classmates. All of these individuals play a role in food allergy management. Food Allergy Research and Education (FARE) has created this guidance document.

<http://www.foodallergy.org/file/school-parent-guide.pdf>

## **Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Centers**

In consultation with the U.S. Department of Education and a number of other federal agencies, CDC developed the Voluntary Guidelines for Managing Food Allergies which provides practical information and planning steps for parents, district administrators, school administrators and staff, and ECE program administrators and staff to develop or strengthen plans for food allergy management and prevention.

[http://www.cdc.gov/healthyschools/foodallergies/pdf/13\\_243135\\_a\\_food\\_allergy\\_web\\_508.pdf](http://www.cdc.gov/healthyschools/foodallergies/pdf/13_243135_a_food_allergy_web_508.pdf)

## **Safe at School and Ready to Learn: a Comprehensive Policy Guide for Protecting Students with Life-Threatening Food Allergies**

National School Boards Association

This policy guide addresses the elements that the Food Safety and Modernization Act of 2010 requires be included in the federal voluntary guidelines. It is designed to assist K-12 public school leaders, especially school boards, in making sure that policies at the district and school level support the safety, well-being, and success of students with life-threatening food allergies.

<http://www.nsba.org/sites/default/files/reports/Safe-at-School-and-Ready-to-Learn.pdf>

## **Managing Food Allergies in the School Setting**

Food Allergy Research & Education developed a 20-minute video highlighting 10 key strategies to improve food allergy management in schools.

<https://www.youtube.com/watch?v=zvM8EaQpckw>

## **Food Allergy and Anaphylaxis: A NASN Tool Kit**

National Association of School Nurses, with support from CDC, presents a comprehensive set of guidance and resources to help school nurses and others manage students with food allergies in schools

<http://www.nasn.org/ToolsResources/FoodAllergyandAnaphylaxis>

## **Kid with Food Allergies**

This YouTube channel has a variety of videos by the Kids with Food Allergies organization, a division of AAFA, addressing the challenges of life with food allergies.

<https://www.youtube.com/user/KFAAdmin>

## **Ideas for Non-food Rewards:**

<http://www.kidswithfoodallergies.org/page/non-food-rewards-children-food-allergies.aspx>

<http://www.actionforhealthykids.org/storage/documents/parent-toolkit/rewardsf3a.pdf>

[https://www.healthiergeneration.org/asset/tljc7f/12-5933\\_NonFoodRewards.pdf](https://www.healthiergeneration.org/asset/tljc7f/12-5933_NonFoodRewards.pdf)

[http://healthymeals.nal.usda.gov/hsmrs/Connecticut/Food\\_As\\_Reward.pdf](http://healthymeals.nal.usda.gov/hsmrs/Connecticut/Food_As_Reward.pdf)