

“Managing Food Allergies for Child Care Sponsors”

CACFP Update Training 2018

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CACFP
Office of Child Nutrition
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What is a Food Allergy?

- When the body reacts to ingesting a particular food or ingredient. The food that causes the reaction is called an allergen.
- ONE bite can result in an allergic reaction
- ***Anaphylaxis*** is a serious ALLERGIC REACTION that has rapid onset and may cause **DEATH**



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

Food Allergy Background:

- 15 million Americans have food allergies, including 5.9 million children under age 18 (1 in 13 children)
- 38.7% of food allergic children have a history of severe reactions **(Death)**.
- Food or digestive allergies, skin allergies and respiratory allergies are the most common among children.

CACFP Operator Responsibilities

- Recognize food allergies as a disability under Section 504 of the Rehabilitation Act of 1973 (Amended 2008).
- MUST make **reasonable accommodations** to meals when supported by a written Statement from a State recognized Medical Authority.
- Statement must be clear, **DO NOT** interpret or revise

What is a Reasonable Accommodation?

- Will vary by each individual Program
- Generally will be at no additional cost to participants or CACFP Sponsor.

What is **NOT** a Reasonable Accommodation?

- Meal modifications that are so expensive that they would make continued operation of the program unfeasible.
- Too expensive to continue

Reimbursement

1. No additional reimbursement for modified meals
2. Medical Statement not required if modification does not alter meal pattern.
3. If modification alters the meal pattern, a medical statement is required
4. Statement **must** include:
 - * Food(s) to avoid
 - * Possible reaction(s)
 - * Possible substitutions

The Eight (8) Major Food Allergens:

Cause 90% of all reactions:

- Milk
- Eggs
- Peanuts
- Tree nuts
- Wheat
- Soy
- Fish
- Shellfish



Symptoms of Food Allergies:

- **MOUTH:** Swelling of lips/mouth
- **SKIN:** Hives, Rash, Eczema
- **DIGESTIVE TRACT:** Stomach Cramps, Vomiting, Diarrhea
- **AIRWAYS:** Wheezing, Breathing problems
- **DROP IN BLOOD PRESSURE**
- **Death may occur**



How a child might describe symptoms:

- This food is too spicy.
- My tongue is hot (or burning).
- It feels like something is poking my tongue.
- My tongue (or mouth) is tingling.
- My tongue (or mouth) itches.
- My mouth feels funny.
- My lips feel tight

Epinephrine (Epi Pen)

Epinephrine auto-injectors treat anaphylaxis

EpiPen®



Generic Epinephrine Auto-Injector
(Authorized Generic of EpiPen®)



Impax Epinephrine Auto-Injector
(Authorized Generic of Adrenaclick®)



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Train your Staff on:

- The food allergy policy and each child's individual plan.
- Common allergens and symptoms of an allergic reaction.
- Coordinate a professional development training with a nurse on when and how to give medications.



What is a Food Intolerance?

Involves the Gastrointestinal (GI) System (Celiac Disease)

Symptoms may:

- Affect the skin, respiratory tract, and gastrointestinal tract; individually or combination
- Can cause more severe reaction nausea, diarrhea, vomiting
- Comes on gradually
- Not life-threatening
- Can be confused with food allergies

STEP 1: Create Policies & Procedures

- Form a team to write a food allergy policy.
- Develop an Management plan.
- Notify parents about any reactions or exposures.

Management Plan Outline

These are some questions to assist you with the food allergy management plan:

- What role would you play in a severe allergic reaction?
- What role would your staff play?
- What steps have you already taken to protect children with food allergies?
- Who is needed to create and review this plan?

Plan Outline Continued....

- What barriers might you face when you try to apply this information?
- How can you overcome these barriers?
- When you perform these skills on the job, what type of responses do you anticipate receiving?
- What will you do with the result of this discussion?

STEP 2: Avoid exposure to food allergens.

- Color coding utensils, equipment, etc.
- Isolate ingredients containing allergens
- Individual prep of menu items without allergens
- Sticker or color code wrapped food
- SOPs for handwashing and cleaning
- Allergen risk assessment in HACCP-based food safety plan

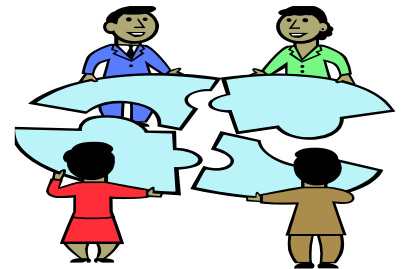


STEP 3: Know how to Read Food Labels

- Food labels list the top eight allergenic foods (**milk, eggs, peanuts, tree nuts, wheat, soy, fish, and shellfish**).
- Check labels for warning statements such as “may contain,” “produced on shared equipment,” or “produced in a plant that uses.”
- Check ingredients label for allergens on every product each time food is purchased.

Families should:

- Meet with school staff.
- Provide medication dosage and how to administer.
- Submit all school required medical forms.



Key Points to Remember:

1. It takes a **T.E.A.M** to ensure the **BEST** for our children.
2. Educate, Educate, Educate!!!
3. **BE SAFE, NOT SORRY!** Take all food allergies very, very seriously.

Online Resources:

- <https://theicn.org/>
- www.foodallergy.org
- www.understanding-anaphylaxis.com/



This institution is an equal opportunity provider.

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