

# FOOD ALLERGY GUIDELINES

## Kearney School District

The School District has issued Food Allergy Guidelines *applicable for food brought into the classroom or instructional areas*. The guidelines outline specific requirements that must be complied with in order for food to be brought safely into the classroom. The guidelines provide clear and concise procedures in this area, and all faculty and administration are aware of the guidelines.

**FOOD BROUGHT INTO THE CLASSROOM** must be: prepackaged foods and /or foods prepared by OPAA Food Services. *No homemade items will be allowed.* **ALL** foods/treats must be **prepackaged, store bought** items with a **nutritional analysis present on the packaging**. The presence of this information will help us to avoid giving an allergen to a student with a known food allergy.

We are also requiring that the prepackaged foods with the nutritional analysis be **tree nut and peanut free** snacks (*tree nuts include nuts such as walnuts, pecans and coconuts.*) Of those students with a food allergy in the district the majority are allergic to nuts and peanut butter items. These students' allergies are considered serious to life-threatening allergies. Avoidance to these items is the safest.

In addition to the listing of any nut products in the item's nutritional label, the product cannot be manufactured or processed in a facility that also manufactures or processes nut products due to the risk of cross-contamination:



Manufactured on equipment that processes products containing peanuts and/or tree nuts



Manufactured in a facility that processes products containing peanuts and/or tree nuts

We encourage designated seating in the cafeteria for our severe food allergy students. This area will be considered a "safe zone". Other classmates may sit in this area provided they are not consuming any allergen of concern. The most common severe allergy of our students is to nut products. Students having a school-prepared hot lunch are considered "safe", as OPAA does not serve foods prepared with nuts or nut products. Our "safe zone" requires a specific cleaning protocol to avoid cross contamination, which is another step in providing safety. Due to the above we feel it is necessary to encourage the "safe zone" area for our severe allergy students.

*Building Health Room Staff is available to help as needed. For a complete list of tree nut and nut ingredients, and for more instruction on how to read a food label, please visit our website [www.kearney.k12.mo.us](http://www.kearney.k12.mo.us).*



## TREATS/FOOD IN THE CLASSROOM

WITH THE HOLIDAY SEASON IN FULL STRIDE, THIS IS JUST A FRIENDLY REMINDER ABOUT TREATS AND FOODS IN THE CLASSROOM.

DUE TO THE INCREASED NUMBER OF DIABETICS AND STUDENTS WITH SERIOUS TO FATAL FOOD ALLERGIES, WE DO NOT ACCEPT HOMEMADE TREATS IN THE CLASSROOMS.

\*\*ALL FOOD ITEMS MUST HAVE A NUTRITIONAL ANALYSIS, INGREDIENTS LABEL AND BE *NUT FREE* (THIS INCLUDES COOKIES OR CUPCAKES MADE BY A GROCERY STORE)

\*\*FOOD/CANDY THAT ARE *NOT* ALLOWED STATE "*MAY CONTAIN NUTS*" OR FOOD/CANDY THAT IS *MANUFACTURED ON EQUIPMENT OR IN A FACILITY CONTAINING NUT PRODUCTS*

PLEASE CAREFULLY READ ALL LABELS AND FEEL FREE TO CALL THE SCHOOL HEALTH OFFICE IF YOU HAVE QUESTIONS.



## Tree Nut-Free Diet

Note: For your convenience, the following list is available on a sturdy wallet-sized plastic card from the Food Allergy & Anaphylaxis Network. The price is \$2.00 plus shipping and handling. Call (800) 929-4040 to order.

All FDA-regulated manufactured food products that contain a tree nut as an ingredient are required by U.S. law to list the specific tree nut on the product label.

### Avoid foods that contain nuts or any of these ingredients:

almonds	Nangai nuts
artificial nuts	natural nut extract ( <i>e.g., almond, walnut</i> )
beechnut	nut butters ( <i>e.g., cashew butter</i> )
Brazil nuts	nut meal
butternut	nut paste ( <i>e.g., almond paste</i> )
cashews	nut pieces
chestnuts	nutmeat
chinquapin	pecans
coconut	pesto
filberts/hazelnuts	pili nut
gianduja ( <i>a chocolate-nut mixture</i> )	pine nuts ( <i>also referred to as Indian, pignoli, pigñolia, pignon, piñon, and pinyon nuts</i> )
ginkgo nut	pistachios
hickory nuts	praline
litchi/lychee/lychee nut	shea nut
macadamia nuts	walnuts
marzipan/almond paste	

### Tree nuts are sometimes found in the following:

black walnut hull extract (*flavoring*)  
natural nut extract  
nut distillates/alcoholic extracts  
nut oils (*e.g., walnut oil, almond oil*)  
walnut hull extract (*flavoring*)

### Keep the following in mind:

- Mortadella may contain pistachios.
- There is no evidence that coconut oil and shea nut oil/butter are allergenic.
- Many experts advise patients allergic to tree nuts to avoid peanuts as well.
- Talk to your doctor if you find other nuts not listed here.

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