

Food Allergy Awareness Training

Westwood ISD

Senate Bill 27

- Requires the Board of Trustees of each school district to adopt a policy for the care of students with diagnosed food allergy at risk for anaphylaxis
- Each district must develop a food allergy management plan to care for students with food allergies at-risk for anaphylaxis
- Westwood ISD Board Policy outlines procedures for addressing food allergies in the school setting
- Awareness Training must be provided to all employees!



Foods that someone may possibly be allergic to.

Eight Foods that Account for 90% of the Food Allergy Reactions

Milk

Eggs

Peanuts

Tree Nuts

Fish

Shellfish

Soy

Wheat

“Severe food allergy” means a dangerous or life-threatening reaction of the human body to a food-borne allergen introduced by inhalation, ingestion, or skin contact that requires immediate medical attention.

Signs & Symptoms of an **Allergic Reaction**

- **Mouth:** Tingling, itching, swelling of tongue, lips or mouth
(blue/grey color of the lips)
Throat: Tightening of throat; tickling feeling in back of throat;
hoarseness or voice change
Nose/Eyes/Ears: Runny itchy nose; redness or swelling of eyes;
throbbing in ears
Lung: Shortness of breath; repetitive shallow cough; wheezing
Stomach: Nausea; vomiting; diarrhea; abdominal cramps
Skin: Itchy rash; hives; swelling of face or extremities; facial flushing
Heart: thin weak pulse; rapid pulse; fainting; palpitations; blue lips;
face, or nail beds; paleness

Signs & Symptoms of an **Allergic Reaction**

- The most dangerous symptom includes breathing difficulties, drop in blood pressure or shock, which is potentially fatal
- **Call 911**

Food Allergy Management Team

- Each campus in Westwood ISD will create a Food Allergy Management Team of at least 3 persons, which may consist of:
 - Campus Nurse
 - Campus Administration
 - Classroom Teacher
 - Food Service Manager

Responsibilities of the Food Allergy Management Team

- Identify students with Food Allergies at-risk for Anaphylaxis on each campus
- Develop, implement, communicate, and monitor Emergency plans, Health plans, and 504 accommodation plans for these students
- Reduce the risk of exposure within the school setting
- Provide training/resources to staff on anaphylaxis and emergency response to reactions
- Review procedures post anaphylaxis reaction

Strategies to Reduce Exposure

- As needed implement accommodations in the following areas:
- Classroom
- Cafeteria
- Transportation
- Field trip and school sponsored activity events
- Hallways and common areas



Strategies/Accommodations to Reduce Food Allergy Exposure

- Reviewing cafeteria menu items, identifying potential allergens and making appropriate accommodations as outlined in dietary orders received from licensed healthcare providers for meals served to students with life-threatening food allergies
- Limiting or reducing the use of potential food allergens in classroom projects/activities
- Allowing only pre-packaged food items with complete ingredient lists in the classroom for projects, activities and celebrations
- Training Child Nutrition staff to prevent cross-contamination during food preparation, to read product labels and identify hidden allergens
- Identifying areas in the classroom that will be “allergen-safe”, enlisting the help of parents in this process
- Implementing appropriate hand washing procedures including washing hands before and after meals
- Ensuring that appropriate staff are trained in reading product labels and identifying hidden allergens in foods
- Ensuring that Child Nutrition procedures used to review menu items, identify potential allergens and make appropriate menu accommodations as ordered by HCP orders are consistently followed by every staff member
- Encouraging and enforcing no sharing of food wherever it may be available
- Monitoring and enforcing strict cleaning procedures, particularly if after-school activities involve any consumption of food allergen-containing foods in the areas used by afterschool activities
- Enforcing no eating policies while on the school bus with appropriate medical considerations and exceptions made as needed
- Considering assigned school bus seating arrangements if necessary
- Ensuring that the Transportation department keeps a current list of students who have food allergies including whether they self-medicate for anaphylaxis
- Notifying all pertinent staff in advance of field trips to allow time for necessary food preparation
- Other accommodations that may be deemed appropriate for identified students and their surroundings

Training/Treatment of Anaphylaxis

- Key campus employees will be trained to administer and treat anaphylaxis in the school setting:
- **Epinephrine is the first –line treatment in cases of anaphylaxis.** It is prescribed as an auto-injector device that is relatively simple to use.
- Immediately after administering epinephrine the student must be transported by **EMS** to the nearest hospital.
- www.epipen.com for instructions on how to use an Epi-Pen

Post-Anaphylaxis Reaction Review/Follow-up

- When/If students experience a reaction at school, a review on campus by the appointed team should take place and address the following:
 - Identify source of allergen
 - Review updated information
 - Identify and interview staff involved
 - Address any changes to the health plan/504 accommodation plan as needed

Points of Contact and Further Information

- Please refer inquires and/or concerns to:
- Principal or his/her designee from Food Management Team on the campus
- District Nurse
- [www. foodallergy.org](http://www.foodallergy.org) has extensive information related to this topic, including comprehensive FREE online training!

Forms & Follow-Up

- All parents/guardians are asked to complete **Food Allergy Documentation** forms when they enroll their students. These are reviewed for allergy severity and shared with the School Nurse and with Food Service Director.
- For students requiring Food Allergy Plans, there are specified forms which are provided by the school nurse and must be signed by their physician.
- **Awareness is the key to Prevention.** Thank you for participating in the Westwood ISD Food Allergy Awareness Training. Please verify that you participated by signing and submitting the provided Training Verification Form.