

INFORMATION FOR PARENTS OF STUDENTS WITH SEVERE FOOD ALLERGIES

MEET WITH THE SCHOOL

- 1. Before school starts, call the school and request the forms needed for your child to have medications at school or download them from the school's website (Health and Safety).**
- 2. Have your doctor provide written documentation about the food allergy, including symptoms of a reaction and instructions for administering medication.**
- 3. Fill out a Food Allergy Action Plan (download a copy from the school's website).**
- 4. Schedule a meeting with the school staff including the school principal, school nurse, teacher and food service personnel.**
- 5. Provide a summary of information regarding your child.**

DURING THE MEETING

- 1. Go into the meeting with a positive attitude and an open mind.**
- 2. Your goal is to create a team among the staff members with everyone working together to keep your child safe.**

FOOD ALLERGY MANAGEMENT PLAN

- 1. Clearly outline instructions for what you would like the school staff to do in the event of reaction.**
- 2. Encourage the school to practice it as it would a fire drill.**
- 3. Plan for unexpected situations to eliminate guesswork if an emergency occurs.**
- 4. Provide all team members with a copy of your child's FAAP.**
- 5. Verify that all emergency numbers on the form are current.**
- 6. MEDICATION**
 - If your MD has prescribed an epinephrine auto-injector, such as EpiPen or Twinject, demonstrate its use with the school staff.**
 - Students are allowed to carry and self-administer epinephrine in our school system, as long as an Authorization for Student Possession and Use of Epinephrine Autoinjector form has been signed by parents and the doctor.**
 - According to Ohio Law, you must also provide a backup dose of the medication to the school.**
- 7. CAFETERIA**
 - Create a NO-FOOD TRADING Rule for your child to help prevent reactions.**

- **If your child will be eating food prepared by the school, review the daily menus with the school food service director.**
- **Together, examine the package ingredients in the kitchen's storeroom, and label what is and isn't acceptable.**
- **Be sure to tell your child what is and isn't acceptable.**
- **Ask your child if there are any problems encountered in the cafeteria and find solutions to them.**
- **Let the school nurse or principal know if any problems develop.**

8. CLASSROOM

- **Meet with your child's music, art and PE teachers to give them pertinent information regarding your child's food allergies.**
- **If your child is in the elementary buildings, be sure to send in safe snacks or treats.**
- **Consider keeping a supply of special treats in the classroom, so there are always safe treats for your child to choose from.**
- **Be sure to speak with the teacher about any projects that might involve food.**

9. PREPARE YOUR CHILD

- **Include your child as a part of the food allergy management team.**
- **Before school starts, explain emergency procedures to your child.**
- **Tell your child what medications will be stored at school.**
- **Explain to your child that there may be a time when other kids are having a snack that is not safe for them to eat.**
- **Tell your child where the safe treats will be kept if you choose to send them.**

Checklist for Parents

- **Schedule a meeting with school staff before the start of the school year to discuss avoidance strategies.**
- **Provide the school with a Food Allergy Action Plan. Have your child's doctor sign it.**
- **Instruct the school about medication dosage and administration.**
- **Develop a plan for classroom parties and unexpected events.**
- **Outline a plan for field trips.**
- **Review lesson plans and craft projects that call for the use of food.**
- **Learn your child's daily schedule and meet with any additional teachers.**
- **Role-play different scenarios so that your child will know what to do in any situation.**