

## **A Note About Food Allergies In The School Setting**

Food allergies are serious and potentially life threatening reactions to certain foods—if your child does not like a particular food or chooses not to eat it because of cultural or religious preference it is not a food allergy.

**If you suspect your child has a true food allergy see your Doctor. Have both you and your doctor fill out the Food Allergy Packet attached. Provide the school with emergency medication as ordered by your doctor.**

**Food allergy precautions cannot be implemented without a Doctor's order.**

**If your child eats lunch in school, please be aware that Pomptonian can guarantee Peanut/ Tree Nut free lunches only- other food, milk, wheat, egg, etc. are present in some food choices. Please see instructions attached on how to preorder allergy safe meals for your child's particular allergies. If your child has multiple food allergies and the menu's available do not meet your needs, please contact your food service representative at dietitian@Pomptonian.com to create a custom menu.**

While we make a great effort to ensure your child's safety we are unable to control food products brought from home for lunch and snack by other children. Please make sure you discuss with your child that sharing of food is not permitted.

**\*\*\*All students and classes celebrating special occasions/parties are instructed to bring in their own individual celebratory snacks, and we do not distribute party foods such as cupcakes, goodie bags, etc.**

Safe practice of food allergy precautions may include: **preorder of allergy safe meals from Pomptonian**, taking a child home for lunch, sending in lunch and snack packed from home, providing a bag of classroom treats for your child to choose from during class parties.

***For all student with DOCUMENTED FOOD ALLERGIES/INTOLERANCES EATING SCHOOL BREAKFAST /LUNCH***

***(MD note must be on file)***

**1. PRE-ORDER FORMS for SPECIAL ALLERGY FREE MENUS are AVAILABLE ON THE KEARNY SCHOOLS WEB SITE at KEARNYSCHOOLS.COM UNDER “Food Menus” located to the right of the main page**

**<https://kearny.fdmealplanner.com/MENUS>**

**2. All Pomptonian Meals are Peanut/Tree Nut Free no special menu is available or needed for nut free meals**

**3. IF YOUR CHILD HAS MULTIPLE ALLERGIES A SPECIAL MENU CAN BE CREATED –Please contact Food Services for more information on the creation of a custom menu.**

We look forward to working with you. Please contact your Food Service Director if you have any questions at [Cafeteria@Kearnyschools.com](mailto:Cafeteria@Kearnyschools.com)

## Pomptonian's Food Allergy Practices

The safety and well-being of the students we serve is our highest priority. As an allergy-aware kitchen, no meal is knowingly prepared on our equipment with any food that includes peanut/tree nut in the manufacturer's list of ingredients. It is important to note, pre-packaged peanut butter and jelly sandwiches or snacks, may contain peanut/tree nut, contingent on school districts preferences. Students with food allergies, other than tree nuts and peanut, are encouraged to pre-order a meal.

Please, be advised, Pomptonian staff prepares and cooks a wide variety of meals in the kitchens. To minimize the chance of cross-contact, pre-ordered meals are prepared for students with documented allergies using ingredients that do not contain their known allergen in the manufacturer's label. Please make sure there is a note, from a Doctor of Medicine, on file in the nurse's office.

The staff who prepares the meals for students with special dietary needs receives ongoing training on food label reading, cross-contact procedures, and food allergies. Food Service Directors and Operation Managers receive monthly allergy training from our Director of Nutrition, Toni Bowman, MBA, RDN, SNS. Additionally, our Operation Managers, Food Service Directors and our Director of Nutrition Services are ServSafe Allergy Certified.

Each month a parent/guardian should fill out the monthly allergy menu order form and return it to the cafeteria by the due date indicated. For students with multiple food allergies, please reach out to the Food Service Director and a unique menu will be developed to meet the dietary needs of your student. You may also contact your Food Service Director with any other questions. Pre-ordered allergy meals will be prepared and packaged separately and labeled accordingly. Please let your child know to tell the food service worker that they have a pre-ordered meal and your child will receive **their meal with their name on it.**

### Why Pre-Order?

In a restaurant there is a typical method for managing food allergies. A patron with a food allergy notifies the server. The server then notifies the chef. At that point the chef lets the server know what the patron can safely consume from the menu. When the chef prepares the meal, cross-contact procedures are put in place and ingredient labels are checked. In this example, the restaurant is able to notify the patron what is safe to eat and has the ability to put cross-contact procedures in place before the meal is prepared.

"Cross-contact happens when one food comes into contact with another food and their proteins mix. As a result, each food then contains trace amounts of the other food. These amounts are so small they usually can't be seen. Even this small amount of food protein can cause reactions in people with food allergies." (Food Allergy Research & Education)

Pre-ordering is important because manufacturers may change the formulation of their products and substitute ingredients at any time with or without notice. For more information on food allergens and product labels please visit: <https://www.foodallergy.org/resources/how-read-food-label>

Our best practices for managing food allergies have been developed to be in line with the organization Food Allergy Research & Education (FARE), the Center for Disease Control Voluntary Guidelines for Managing Food Allergies In Schools and Early Care and Education Programs, the Institute of Child Nutrition, and the USDA Accommodating Children with Disabilities in School Meal Programs. A cafeteria is not set up in the same way as a restaurant. By establishing a pre-order system our staff is aware of the allergy, checks all product labels, and uses cross-contact procedures to provide a safe environment for students with known food allergies.

**Parental Authorization to Administer Medication**

This release dated \_\_\_\_\_, 20\_\_\_\_, is submitted by \_\_\_\_\_  
(Names of Parent/Guardian)  
on behalf of their minor child \_\_\_\_\_, to the Kearny Board of  
(Name of Student)  
Education, 172 Midland Avenue, Kearny, New Jersey 07032.

Whereas, \_\_\_\_\_, (hereinafter referred to as "student") has a medical condition that requires the possible need for epinephrine; and

Whereas, Parent/Guardian has provided to the school an: ( ) Epi-pen ( ) Auvi-Q  
(Select one)  
in the event that immediate administration of epinephrine is necessary; and

Whereas, Parent/Guardian understands and has approved the selection of a designee to administer the Epi-pen in the event that the school nurse is unavailable:

The parties agree as follows:

1. The parent/guardian acknowledges and understands that volunteer delegates will be trained, using standardized training protocols established by the New Jersey Department of Education in consultation with the Department of Health and Senior Services, in accordance with the Guidelines for the Management of Life-Threatening Food Allergies in Schools, and pursuant to N.J.S.A. 18A:40-12.5 and 12.6, to administer epinephrine via a pre-filled auto-injector mechanism.
2. The parent/guardian acknowledges and understands that the Kearny School District shall have no liability as a result of any injury arising from the administration of epinephrine via a pre-filled auto-injector mechanism.
3. The parent/guardian acknowledges and agrees to indemnify and hold harmless the Kearny School District and its employees or agents against any claims arising out of the administration of the epinephrine via a pre-filled auto-injector mechanism to the student.

\_\_\_\_\_  
PRINT - Parent/Guardian Name

\_\_\_\_\_  
Signature of Parent/Guardian

**KEARNY PUBLIC SCHOOLS**

**FOOD ALLERGY ACTION PLAN**

Student Name \_\_\_\_\_

Date \_\_\_\_\_

D/O/B \_\_\_\_\_

Allergic to: \_\_\_\_\_

Documented Anaphylactic Reaction \_\_\_\_\_

Attached lab documentation of proof of allergy \_\_\_\_\_

**TREATMENT**

**Symptoms**

**Give checked medication**

- If a food allergen has been ingested, **but no symptoms**       Epinephrine     Antihistamine
- Mouth  
    **Itching, tingling, or swelling of lips, tongue, mouth**       Epinephrine     Antihistamine
- Skin  
    **Hives, itchy rash, swelling of face or extremities**       Epinephrine     Antihistamine
- Gut  
    **Nausea, abdominal cramps, vomiting, diarrhea**       Epinephrine     Antihistamine
- Throat  
    **Tightening of throat, hoarseness, hacking cough**       Epinephrine     Antihistamine
- Lung  
    **Shortness of breath, repetitive coughing, wheezing**       Epinephrine     Antihistamine
- Heart  
    **Thready pulse, low blood pressure, faint, pale, blueness**       Epinephrine     Antihistamine
- Other \_\_\_\_\_       Epinephrine     Antihistamine

**Action for a MINOR reaction:**

If symptoms are MINOR rash or MINOR itching – give Diphenhydramine \_\_\_\_\_ mg liquid/tablets

**Action for a MAJOR reaction:**

If symptoms progress, and/or person has cough, hoarseness of voice, tightness of throat, wheezing or shortness of breath, **give immediately:**

- \_\_\_\_\_ Epi-pen or Twinject autoinjector 0.3 mg
- \_\_\_\_\_ Epi-pen Jr. or Twinject autoinjector Jr. 0.15 mg
- \_\_\_\_\_ Auvi-Q (epinephrine injection, USP) 0.15 mg
- \_\_\_\_\_ Auvi-Q (epinephrine injection, USP) 0.30 mg

**Then call Emergency Services and ask for ACLS.**

Is the student capable and responsible for carrying and self-administering epinephrine?

YES \_\_\_\_\_ NO \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Physician Signature \_\_\_\_\_ Date \_\_\_\_\_

Physician Stamp