

Prevention and Control

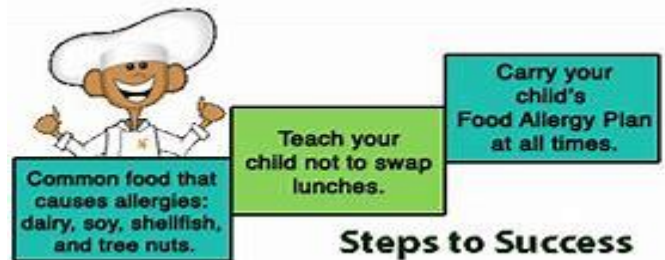
Managing Life-Threatening Food Allergies in Child Care:

Parent Responsibilities

- Parents and their health care providers must work with the child care facility to **develop a special care plan**
- **Written instructions** regarding the food(s) to which the child is allergic and steps that need to be taken **to avoid that food**
- **A detailed treatment** plan to be implemented **in the event of an allergic reaction**, including the names, doses, and methods of administration of any medications that the child should receive in the event of a reaction. The plan should include specific symptoms that would indicate the need to administer one or more medications.

Parent and staff responsibilities

- Have the necessary **supply** of up-to-date allergy medications.
- Have proper **storage** of such allergy medications that are always accessible to staff.
- **Train staff** to manage the child's food allergy while the child is at child care.



Facility's Responsibilities:

- **Be aware of foods that may be called by a variety of names** in an ingredient list. Milk products, for instance, may be identified as casein, caseinate, whey, and lactoglobulin.
 - **Avoid meals that may be food allergy-related.**
 - **Food sharing between children must be prevented** by careful supervision and repeated instruction to children about this issue.
 - **Wash children's hands and faces** and all surfaces that were in contact with food in order to minimize accidental exposure.
 - **Foods should not be used in art, craft, science projects** such as the use of peanut butter to make a bird feeder or wheat to make play dough.
 - **Avoid other's bringing any known allergens** in class treats or special foods into the child care setting.
 - **Post individual children's food allergies** prominently in the classroom and/or wherever food is served.
 - Routinely **carry the written child care plan** for the child with allergies on field trips or transport out of the child care setting.
 - Train staff in how to **read product labels** and recognize food allergens.
 - **Train staff regarding cross-contamination of food allergens**, or the cooking or serving of different foods with the same utensils and surfaces, as well as the clean-up of different foods with the same sponge, which poses a serious risk to a child with food allergies.
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WHAT IS CROSS-CONTAMINATION?

This happens when food you are not allergic to is tainted with food you are allergic to. To Avoid Cross Contamination:



1

Clean your work space and tools **BEFORE** you cook.



2

Keep foods **SEPARATE** while you prepare your recipes.



3

CLEAN HANDS, silverware, and dishes before you serve.



4

Use **CLEAN CONTAINERS** and store food separately.



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FOOD ALLERGY AWARENESS

Between 1997 and 2011, food allergies among children increased 50% and now affect 6 million or #1in13 US children.



kidswithfoodallergies.org