

Allergies and Food Sensitivities for School Age Children

Do you know what to do in a life-threatening anaphylaxis situation? Learn what foods commonly cause allergic reactions, get information on creating an action plan, and view allergy-free recipes.

Resources at the National Agricultural Library

Find resources in the NAL collection related to food allergies. For information on borrowing materials, use the following web address -

http://healthymeals.nal.usda.gov/schoolmeals/Resource_Cafe/Resource_SetSearch.php?Audience=&Format=&TN=0&State=&PubDate=&Language=&KW=allergies&Text=&Sortby=PubDate

Allergy Fact Sheet for Child Nutrition Program Professionals - National Food Service Management Institute.

A special needs fact sheet that defines food allergies, describes common symptoms and what to do in the child care or school setting.

<http://www.nfsmi.org/Information/Newsletters/foodallergy.html>

From the Trainer's Tablet: Lessons for Family/Home Child Care Providers - National Food Service Management Institute.

See the lesson on food intolerance and allergies. This resource was developed for child care providers to train staff and includes complete lesson plans and accompanying PowerPoint slides.

<http://www.nfsmi.org/Information/from-the-trainer.html>

School Food service and Food Allergies: What We Need to Know - International Food Information Council.

Information for school food service professionals including causes and symptoms of food allergies, what to do in an emergency, and common allergen ingredients.

<http://www.ific.org/publications/other/allergysheet.cfm>

Allergies and Food Sensitivities USDA. - NAL. Food and Nutrition Information Center.

Get general food allergy information along with information on specific food allergies such as peanuts and eggs. Use the following web address to access this information.

http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=2&tax_subject=278&topic_id=1379

Resource List on Food Allergies and Intolerances for Consumers (2008) (PDF|273 KB) - USDA. NAL.

Food and Nutrition Information Center.

<http://www.nal.usda.gov/fnic/pubs/bibs/gen/allergy.pdf>

Life Threatening Food Allergies in School and Child Care Settings - British Columbia Ministry of Children and Families.

Provides practical information to help parents work with care providers, staff, and children so they can: Create safer places for children with life-threatening food allergies, support early detection and treatment of symptoms, put in place the precautions needed to prevent life-threatening food allergy reactions and more. [CLICK HERE](#) (PDF File)

Information about Food Allergens - DHHS. FDA. Center for Food Safety and Applied Nutrition.

<http://www.cfsan.fda.gov/~dms/wh-alrgy.html>

Managing Life Threatening Food Allergies in Schools (PDF|3.72 MB) - Massachusetts Department of Education.

Publication focuses on a team approach to addressing food allergies. Includes an introduction on food allergy and anaphylaxis, planning and implementation resources, guidelines for handling emergencies, and more.

<http://www.doe.mass.edu/cnp/allergy.pdf>

Allergy Free Recipes from FAAN - Food Allergy and Anaphylaxis Network.

Website: <http://www.foodallergy.org/recipes.html>

Conducting Food Allergen Inspections - FDA. Center for Food Safety and Applied Nutrition.

Website: <http://www.cfsan.fda.gov/~comm/vlmalrg.html>

Managing Food Allergies in School and at Camp - Food Allergy & Anaphylaxis Network.

Provides insight into how a child might describe a reaction, guidance documents for institutions, articles, action plans, and more.

<http://www.foodallergy.org/school.html>

Life-Threatening Allergic Reactions Poster - Anaphylaxis Canada.

Poster designed for the classroom explaining what to do in the case of an allergic reaction.
http://www.safe4kids.ca/images/Safe_poster_english.jpg

Diet Order Form - North Carolina Department of Public Health. Nutrition Services Branch.

Form to record the student's condition requiring dietary modifications of school lunch and the changes needed. Also includes instructions for completing the form.
<http://www.nutritionnc.com/special/order.htm>

Food Allergen Training Resources - Wisconsin Division of Agriculture, Trade and Consumer Protection.

A detailed list, by category, of many examples of food derivatives containing allergens.
<http://www.datcp.state.wi.us/fs/business/food/training/allergens.jsp>

Food Allergy Buddy - Supermarket Guru®.

Allows users to create a free and personalized ingredient card for detailing and easily communicating their food allergies. <http://www.foodallergybuddy.com/>

Recommended School Training: How to CARE for Kids with Food Allergies (PDF|52 KB) - Kids With Food Allergies, Inc.

A comprehensive site to provide resources to parents of children with food allergies. Includes food allergy alerts and recall.
<http://www.kidswithfoodallergies.org/docs/handoutCARE.pdf>