

More Facts and Resources

Food allergy is a potentially serious immune response to eating or otherwise coming into contact with certain foods or food additives. A food allergy occurs when the immune system:

- 1) identifies a food protein as dangerous and creates antibodies against it; and
- 2) tries to protect the body against the danger by releasing substances, such as histamine, tryptase, and other mediators, into our blood when that food is eaten.

Free Downloadable Resources:

www.foodallergy.org
www.allermates.com
www.allergicchild.com
www.blairstownelem.net



Classroom Procedures

- All parents are informed if their child is placed in a peanut-free class and are asked to please refrain from sending in any food which may contain peanut products
- Lunches/snacks are checked by school staff and students to help protect against the presence of obvious peanut products

Lunchroom Procedures

- Kitchen is peanut-free in food preparation
- Cafeteria tables are disinfected by kitchen staff after each lunch period
- Children with severe food allergies sit at peanut-free tables with their class during their lunch

Class Trip Procedures

- Certified Registered Nurses accompany gen-ed class trips for any medical need which may arise
- All teachers are trained on the use of EPI-PENS by the school nurse for any trip where a nurse is not present



Blairstown Elementary School

ALLERGY AWARENESS

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ALLERGY AWARENESS

Blairstown Elementary School

Safe at School
and Ready to Learn



Informational Guide for Protecting
Students with
Life-Threatening Food Allergies

Food Allergy Facts

Food allergy is a growing public health issue that impacts almost every school across the United States. Nearly 6 million children in the U.S. – which equates to 1 in 13, or roughly 2 in every classroom – have a food allergy.

No one knows exactly why, but more and more children are becoming severely allergic to certain foods, especially peanuts, tree nuts (like walnuts, pecans, and almonds), milk, eggs, soy, wheat, fish, and shellfish. Sometimes, if they eat, touch or even breathe a tiny amount of the food they're allergic to, they can become ill. That's why children who have food allergies need all of us to help keep them safe.

There is no cure for food allergies. The only way to keep from having an allergic reaction is to stay away from the food(s) to which you are allergic.

The **KEY** to a safe, healthy and united school environment is working together!

Thank you for keeping our kids safe.

PROMOTE ALLERGY AWARENESS

Why Nut Safe ?

BES is proactively “**nut-safe**” for a very important reason. There are children in our school that have a documented life threatening nut/food allergy. Nuts, particularly peanuts, are the most prominent allergen at BES. A



reaction to a food allergy can be very severe. The school environment is the one place where severely allergic children are

surrounded on any given day by hundreds of peanut products at one time. Blairstown Elementary School is proactive in creating an environment through education in which everyone is aware of nut and food allergies.

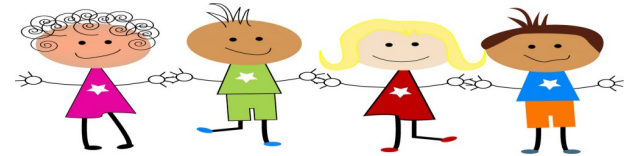
All students, parents, teachers, administration, and our school board are encouraged to work together to meet the nutrition needs and safety of **All** our students.

Family Responsibility

- Respond cooperatively to requests from school not to send nut products to school
- Notify the school of your child's allergy every year
- Provide written medical documentation, instructions, and prescribed medications as directed by a physician to our school nurse every year



Students' Responsibility



- All students should not share food with others
- Students with food allergies should notify an adult immediately if they eat something they believe may contain the food to which they are allergic
- All students can be a PAL “Protect a Life”, to friends who have food allergies.

School's Responsibility

- Be knowledgeable about and follow federal and state laws that apply to food allergy management
- Educate staff, parents/guardians, and students regarding policy
- Making allergen-safe tables available for all allergic students during their lunch
- Annually review, evaluate and update the school plan where needed

