

Step 1 Essential Trainings

Managing Food Allergies in the Early Care Setting (FARE)



Checklist of Practice

Always	Sometimes	Not Yet	Caregiver Strategies: What they look like in practice
			1. Providers help develop a detailed, written plan, and feeding plan and have them on file for children with food allergies.
			2. Providers follow a child’s care plan to prevent daily exposure to allergens.
			3. Staff and children exercise proper hand washing procedures before and after preparing, consuming, or handling food to help prevent the spread of allergens in the child care facility.
			4. Providers implement strategies to keep children with food allergies included in child care by designing food menus, creating alternatives to arts and cooking projects, and by informing other parents about dietary restrictions.
			5. Providers arrange to have necessary medications for food allergy exposure stored at the child care facility.
			6. Food allergy medications are properly stored in the child care facility.
			7. Staff is trained to manage food allergies, to recognize signs and symptoms of food allergy exposure, and how to administer medication to children with food allergy reactions.
			8. Providers carry children’s written care plans, a mobile phone or other communication system, and appropriate medications for acute allergic reactions on all field trips and outings.
			9. Facility menus are designed with consideration to all children’s dietary needs and restrictions.
			10. Providers seek consultation from a trained dietician to approve menus that accommodate dietary needs.