



## What you will learn about Managing Food Allergies

Caring for our Children, National Health and Safety Performance Standards: Guidelines for Early Care and Education Programs, 3<sup>rd</sup> Edition, <http://cfoc.nrckids.org/>

***ESSENTIAL KNOWLEDGE: WRITTEN PLANS FOR CHILDEN WITH FOOD ALLERGIES ARE ESSENTIAL IN THE CHILD CARE ENVIRONMENT.***

### What this looks like in practice

1. Providers help develop a detailed, written feeding plan, and have those plans on file for children with food allergies.
2. Plan includes instructions from a child's primary care provider about the specific foods the child is allergic to, as well as steps to take to avoid exposure to that food.
3. The written plan includes a treatment plan that is implemented if the child is exposed to an allergen and develops a reaction.
4. Providers develop a feeding plan that includes a child's special needs (and dietary restrictions based on those needs), a list of foods that should be omitted from a child's diet (as well as foods that can be substituted), and directions for treatment if the child is exposed to restricted foods.

***ESSENTIAL KNOWLEDGE: FOOD ALLERGY EMERGENCIES CAN BE REDUCED IN THE CHLD CARE SETTING THROUGH DAILY MANAGEMENT.***

### What this looks like in practice

1. Providers have on file a Routine and Emergent Care Plan for children with food allergies that was written by the child's primary care provider.
2. Providers follow a child's care plan to prevent daily exposure to allergens.
3. Providers modify or supplement children's diets to meet their individual needs as specified by their care plan.
4. Staff and children exercise proper handwashing procedures before and after preparing, consuming, or handling food to help prevent the spread of allergens in the child care facility.
5. 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 classroom dietary restrictions.

6. Child care staff have easy access to a child's treatment plan (emergency action plan) in the event that an exposure to a food allergy occurs.

***ESSENTIAL KNOWLEDGE: FACILITIES THAT PREPARE AND TRAIN STAFF CAN RESPOND TO FOOD ALLERGY EMERGENCIES.***

**What this looks like in practice**

1. Facilities file children's care plans and feeding plans so that staff have easy access to them in case of an allergic reaction.
2. Providers arrange to have necessary medications for food allergy exposure, and properly store those medications in the child care facility.
3. Staff is trained to manage food allergies, to recognize signs and symptoms of food allergy exposure, and to administer medication to children with food allergy reactions.
4. 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.

***ESSENTIAL KNOWLEDGE: PROVIDERS DEVELOP STRATEGIES TO INCLUDE CHILDREN WITH FOOD ALLERGIES AND DIETARY RESTRICTIONS.***

**What this looks like in practice**

1. Parents of all children are advised to avoid known allergens when they bring class treats or special food into the child care setting.
2. Facility menus are designed with consideration to children's dietary needs and restrictions.
3. Providers seek consultation from a nutritionist/trained dietitian to approve menus that accommodate dietary needs.
4. Providers develop alternatives, options, and adaptations to arts and craft projects, cooking projects, and special events to include children with allergies and dietary restrictions.