



children & families

Life-threatening food allergies in school and child care settings

a practical resource
for parents, care
providers and staff



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The Ministry for Children and Families developed this document in consultation with parents associated with the Allergy Asthma Information Association of the BC-Yukon Region, the Community Nutritionists' Council, the Public Health Nursing School Health Committee, and the Canadian Society of Allergists and Clinical Immunologists.

The purpose of this booklet is to provide 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 to eat, learn, and play.
- Support these children in managing their life-threatening food allergies.
- Promote a community approach to managing life-threatening food allergies.
- Develop strategies to protect children with life-threatening allergic reactions.
- Support early detection and treatment of symptoms.
- Put in place the precautions needed to prevent life-threatening food allergy reactions.

This booklet complements *ANAPHYLAXIS: A Handbook for School Boards* developed by the Canadian School Boards Association and Health Canada, 1996.

More and more children in our care have life-threatening food allergies. For these children, smelling, eating or touching an allergy-causing food can trigger a life-threatening allergic reaction (also known as anaphylaxis). Peanuts, nuts, shellfish, fish, and eggs are the most common foods causing reactions. The reaction may begin with itching, hives, swelling of the mouth, throat, or tongue, and difficulty in breathing. In severe cases the anaphylactic reaction is followed by anaphylactic shock. If not treated, it could lead to collapse and death. Some anaphylactic reactions can occur within seconds or minutes of contact with the allergy-causing food. Other reactions may take an hour or longer to appear. **The only way to prevent this type of reaction is to avoid contact with allergy-causing foods.**

Children with known food allergies are at increased risk for a severe reaction. While children can outgrow some allergies, an allergy to peanuts or tree nuts is often lifelong. Children may also have other life-threatening allergies such as to insect bites and to latex rubber. These allergic reactions are all considered Medical Alert conditions that may require emergency care.

POSSIBLE SIGNS OF A LIFE-THREATENING ALLERGIC REACTION

ANY ONE OF THESE SYMPTOMS COULD ALERT YOU TO A PROBLEM

Is the child having the reaction in a B.I.N.D.?

- B** = breathing is difficult, throat or chest is tight.
- I** = itchy lips, hives, swelling.
- N** = nausea, vomiting.
- D** = dizzy, unsteady, confused.

If you suspect your child has a severe reaction to food, it is best to avoid that food. Parents who think a child might have a life-threatening food allergy need to talk with their doctor, who may refer them to a pediatric allergist. A pediatric allergist will conduct an in-depth evaluation to confirm or rule out a food allergy, and determine if asthma is present. The opinion of a pediatric allergist should be sought if a chronic rash or

eczema is present. **A sound diagnosis is a very important step to reduce harm.** Family doctors and allergy specialists should be involved in the identification of food allergies and the development and review of management plans. Care providers need to know how to prevent, recognize and respond to life-threatening reactions.

Allergy Aware is a strategy to educate children, parents, staff and care providers about reducing the risk of exposure to life threatening foods. This is a better approach to promoting an “allergy free” or “peanut-safe” setting, since these are impossible to guarantee. See page 19 for more information.

LIFE-THREATENING FOOD ALLERGIES IN CHILD CARE SETTINGS

Communication and information sharing between parents and care providers is critical.

Those responsible for the care of a child (e.g., friends, relatives, neighbours, child care or preschool care providers) need to know:

- That a child has a life-threatening food allergy.
- That allergy-causing foods may be present in any environment.
- How to prevent and deal with an allergic reaction, including giving medication.

(See the CHECKLIST FOR “ALLERGY AWARE” SCHOOLS AND CHILD CARE SETTINGS on page 20).

Children with life-threatening food allergies need to know:

- How and what to tell their care provider when they are having an allergic food reaction.
- What they can and cannot eat.
- That their emergency medication is with or near them at all times.

Care providers of children with life-threatening food allergies need to know that:

- The program registration form should include a question about food allergies and how they are to be managed.
- A list of foods that the child must not eat and a list of foods that the child can eat should be posted.
- A plan should be developed with the child’s parents. Make sure the child does not smell, eat or touch allergy-causing foods which could trigger a reaction. Get in the habit of reading food labels. If the ingredients of a food are not known, do not serve it.

- Foods from restaurants, delicatessens, bakeries, and bulk food bins could contain traces of allergy-causing food. Highly processed foods and unlabelled foods may also contain hidden ingredients. Food from home is best.
- Infants and toddlers, who tend to put things in their mouths, must be carefully watched to prevent accidental exposure to allergy-causing foods. Be even more careful when a child is in a new or unfamiliar environment.
- Resources are available. Food Allergy Resources are listed at the back of this booklet. Registered Dietitian Nutritionists and Allergy Associations can provide practical advice on avoiding allergy-causing foods and making acceptable, nutritious food choices.
- They need to talk to the children about not sharing foods with children who have food allergies. Use stories, videos, and books to help them learn about food allergies.
- Children need to wash their hands before and after they eat.

HOW TO WASH YOUR HANDS

1. Turn on the tap and wet hands.
2. Apply soap and lather the fronts, backs, between the fingers, and around the nails for at least 10 seconds.
3. Rinse off the soap.
4. Pick up a paper towel and dry hands.
5. Turn off the tap, using the towel to prevent touching the faucet.

Parents of children with food allergies need to:

- Provide foods for their child for special occasions.
- Inform care providers in writing of the signs and symptoms of any possible reactions their child may experience.

Managing life-threatening reactions

- Develop an emergency treatment plan in collaboration with parents, the child, their family doctor, and the care provider(s). The plan should describe how and when to give medications and list current emergency contact numbers.
- Keep the child within one hour travel time of a hospital.
- Learn how to use and store the child's medication (e.g. EpiPen or Ana-Kit).

- Know the procedure to follow if the child is exposed to an allergy-causing food.
- Keep written instructions handy and review regularly.

TROUBLESHOOTING

The following scenario is a typical example from a child care setting. Parents of children with life-threatening allergies need to develop a plan with care providers before the child is in the setting. Parents should review the plan periodically and at least once a year with staff members and their family physician.

Sharing Snacks

Situation

A preschool had a snack-sharing day once a month with food activities that the children enjoyed. A new child, Amanda was severely allergic to peanuts. Staff wondered whether to stop snack-sharing.

Background

Amanda's mother explained that her daughter was highly allergic to peanuts and gave the preschool an EpiPen in case of an anaphylactic reaction.

What Happened

All parents were notified of Amanda's allergy to peanuts and were asked not to send peanuts or peanut butter for lunches or snacks. The staff decided to stop snack-sharing. They talked to the community nutritionist about food exploration activities with different fruits and vegetables. They talked to the children about Amanda's allergy and why peanuts were not allowed in the preschool. The staff guided the children to wash their hands before and after eating and talked about the reasons why.

One of the staff asked a member of the Allergy and Asthma Information Association to come to the preschool to help them learn more about food allergies. The staff learned how to administer the EpiPen and kept the kit on a shelf out of reach of the children.

Other Options

- Post a written plan identifying the allergy symptoms and emergency action steps required on the preschool staff notice board. The plan could be developed in consultation with the family doctor, and updated as needed.
- Ask Amanda’s parents to demonstrate how to use the EpiPen and get them involved in setting up policies and procedures at the preschool.
- For preschools that serve food on special days, ask parents of children with life-threatening food allergies to review the menu and recipes for potential concerns. Parents may wish to provide an alternative meal and/or snack.
- Share games or toys instead of snacks.

II

SCHOOL-AGE CHILDREN

LIFE-THREATENING FOOD ALLERGIES IN SCHOOL SETTINGS

One of the most dangerous times for an anaphylactic reaction is at the beginning of each school year. Plans need to be developed before the child starts the school year. Various people play different roles in planning to prevent and promptly treat life-threatening food allergies.

As children grow and develop, they should be taught to assume more responsibility for managing their life-threatening food allergy. Most school-age children with life-threatening food allergies have some experience at avoiding allergy-causing foods but they still require supervision and help.

Parents need to:

- Provide information about their child’s allergy and discuss it with school staff.
- Update the appropriate medical forms every year and discuss related concerns with the staff and public health nurse before school begins.
- Develop action plans for their child in discussion with their doctor.
- Provide all food for snacks, lunches, and special occasions.
- Check EpiPen/Ana-Kit expiry date and replace as necessary.
- Make sure that staff members are trained to use the EpiPen or Ana-Kit.
- Discuss situations and issues with school staff that are unique to their child.

Parents may:

- Help develop strategies with school staff to raise awareness of life-threatening food allergies within the school.
- Speak at “Meet the Teacher Night” or Parent Advisory Committee Meeting.
- Speak to students and staff at assemblies or in workshops.
- Form a parent’s life-threatening allergy advisory support group.
- Assist their child in developing a buddy system.

Students with life-threatening food allergies need to:

- **Eat only food from home.** They should not eat food from cafeterias, School Meal Programs, snack bars, vending machines, restaurants, or other sources unless the action plan includes these food options and identifies possible problems.
- Wear a Medical Alert bracelet specifying their allergies and medication to give in an emergency.
- Be encouraged to speak up and get help if they think they are having a reaction.
- Always carry their own EpiPen/Ana-Kit. For very young children who are unable to give their own injection, their medication should be kept in a safe, accessible, unlocked location.

TROUBLESHOOTING

The following situations have occurred in British Columbia schools. These illustrate ways to create “Allergy Aware” environments. Meetings at the beginning of each school year are a good way to prepare staff, parents and students to handle various situations.

Picky Eater Wants Only Peanut Butter

Situation

A very shy boy, who was a picky eater, relied on peanut butter sandwiches for his lunches. A letter was sent out by the teacher explaining that a boy in his class had a life-threatening allergy to peanuts and therefore, the use of peanut products was discouraged in the classroom. The letter also stated that if children brought peanut products for lunch they would have to leave the classroom and eat in another room. A list of suggested substitutes accompanied the letter. The boy’s mother worried that he would not eat the substitutes, and if he had a peanut butter sandwich he would not feel comfortable eating away from his classmates.

Background

In creating the “Allergy Aware” classroom, parents were invited to a Parent Advisory Committee meeting to discuss options for their school. Unfortunately, the boy’s parents were not able to attend the meeting.

What Happened

The boy’s mother phoned the school principal for help. The principal referred the mother to the community nutritionist and Asthma and Allergy Information Association representative. The mother received some ideas for lunches and gained a better understanding of the situation from these contacts. The boy ended up asking his mother not to give him peanut butter because he did not want to hurt his classmate and began trying other foods for lunch.

Other Options

- Have the community nutritionist, public health nurse, and Asthma and Allergy Information Association representative attend a Parent Advisory Committee meeting or meet with smaller groups.
- Have a separate table or area near the classroom for children to eat allergy-causing foods such as peanut products.
- With parent and teacher support, a child with a food allergy and a friend could present a “mini” science lesson on the food allergy and related concerns.

Granola Bar Sent Home

Situation

Forgetting peanut restrictions in his daughter’s classroom, a father accidentally sent a granola bar in her lunch. When the teacher saw that the granola bar contained peanuts she told the girl not to eat it. The girl went home hungry and in tears thinking her classmate might have died. Her father was angry that his daughter was made to feel guilty about his mistake, and that she did not get enough to eat.

Background

In creating an “Allergy Aware” classroom, notices were sent home to parents requesting that, if possible, they avoid sending peanut products to the school with their children. Parents were also asked to read packaged food labels carefully for the presence of the peanuts. A list of appropriate food products was included. The notice also stated that if peanut products were sent to school, they could be eaten in another classroom.

What Happened

The teacher spoke with the principal and followed up with an apology to the parent and student for the misunderstanding. The staff was briefed on this situation and reminded of the “Allergy Aware” classroom policy.

Other Options

- Keep appropriate foods on hand in the classroom for children who accidentally bring the wrong item but do not want to eat elsewhere.
- Create an area where children with allergy-causing foods may eat.
- Include a note in each classroom/school bulletin reminding parents of the need for “Allergy Aware” precautions and options.
- Develop a reminder bulletin for the teachers in the school to refer to and include in teacher’s day books.
- Have students bring packages from snacks and lunches to class to read labels and make “Allergy Aware” choices.

Safe Eating Areas

Situation

At a Parent Advisory Committee meeting regarding food restrictions the following questions were asked by concerned parents:

1. Does there need to be a special place for students with food allergies?
2. Does having a “safe place” create a false sense of security? Mistakes could occur anytime. The student with life-threatening food allergies may not be practising appropriate avoidance techniques.

Background

The school had set up an “Allergy Aware” classroom, but had not yet spoken with parents. *The Anaphylaxis: A Handbook for School Boards* states that “At common law, the standard of care, which a teacher is expected to show, is such care toward children under his or her charge as would be exercised by a reasonably careful or prudent parent.”

What Happened

The school developed an “Allergy Aware” policy explaining this is not “allergy free” or “allergy safe.” The students with life-threatening food allergies were helped to take proper precautions including hand washing, and not trading or sharing food. The policy was communicated to parents through the school newsletter.

Other Options

- Send a notice to parents at the beginning of the school year about life-threatening food allergies and policies.
- Discuss “Allergy Aware” policies at the first Parent Advisory Committee meeting each year and have resource people attend who are prepared to answer a range of questions.
- Identify, with the help of parents and students, the most common situations that create danger for those with life-threatening food allergies.

Bullying a Student with a Life-Threatening Food Allergy

Situation

A grade three boy with a life-threatening food allergy experienced constant taunting and teasing at school. A grade six girl, intending to intimidate the younger boy, ate an allergy-causing food and approached him on the playground and breathed heavily in his face.

Background

At the beginning of the year, all students were told about the severity of life-threatening allergies and the dangers of teasing. The staff thought this information would increase the students' support and understanding of their schoolmate's situation and minimize the teasing and bullying. **There needs to be zero tolerance for teasing or bullying when it comes to life-threatening food allergies. It is easy for bullies to carry out their threats if they do not understand that the food could be fatal. For the allergic child, the allergy-causing food is potentially deadly.**

What Happened

The boy had an anaphylactic reaction and had to be taken to the hospital. His parents were extremely upset and planned to remove their son from the school. The principal quickly met with the parents of the bully and told them of her terrifying and dangerous behaviour. The principal asked the family to discuss how teasing with allergy-causing food could cause a crisis. The bully's access to the playground was restricted for the rest of the term; she spent recess and lunch in the principal's office until she showed that she understood what could have happened. At the next school assembly the students were reminded about the seriousness of life-threatening allergies. They were told that bullying would not be tolerated.

Other Options

- Have students who bully read age-appropriate information and articles about life-threatening food allergies and write a report about the lessons they have learned.
- Monitor those who tease and bully on the playground.
- Develop a "Teasing / Bullying Policy" and teach staff and children how to minimize teasing and bullying.

Teen with Life-Threatening Food Allergy Using Vending Machine

Situation

A grade eight student with a life-threatening food allergy wanted to be able to choose foods from the vending machine. Her teacher was uncomfortable about the student eating food other than that brought from home.

Background

The student knew how to read food labels and wanted to assume increased responsibility for her allergy. The parents had taught the teacher and school staff to recognize the signs and symptoms of their daughter's allergic reaction and how to use the EpiPen. The parents had indicated on their daughter's care plan that she has permission to use the vending machine. They believed this was an important part of their daughter's growth and development.

What Happened

The family talked about safe foods from the vending machine and the daughter's need to continue careful label reading in case ingredients change. The parents made an appointment with the teacher to review the care plan and resolved the teacher's concerns.

Other Options

- Ask the student, parent or the Asthma and Allergy Information Association to make a presentation on appropriate foods to choose from vending machines and alternative foods for special occasions.
- Develop care plans that consider the age and ability of the students and explore opportunities for accepting increased responsibility.

Situation

A 9-year-old boy with a life-threatening allergy to egg was getting ready to go out for recess. It was announced that the doughnuts the children purchased for a spring fundraising event would be given out. Realizing that he could never eat doughnuts because they contain egg, the boy became anxious. He spent recess outside with 500 children that had eaten glazed doughnuts while running around touching “everything.”

Background

The “Allergy Aware” policy for the school mentioned avoiding eggs (e.g., egg salad, devilled egg) but omitted less obvious sources (e.g., cakes, cookies, mayonnaise). The boy’s desk was always cleaned thoroughly.

What Happened

The boy did not touch any playground equipment. Back in class the teacher forgot to ask the students to wash their hands. The boy only felt safe at his desk where he remained in fear for the rest of the day. He did not tell the teacher. When he arrived home, he burst into tears and told his mom and dad about his awful day. The father went to the school and discussed the situation with the teacher. The teacher said she would pass this on to the principal and that food fundraising events would be handled differently in the future.

Other Options

- Develop a policy about fundraising that respects students with life-threatening food allergies. “Allergy Aware” policies also cover allergy-causing foods and ingredients.
- Suggest that parents plan a midyear reminder to the school about their child’s allergies.
- Coach children to speak-up in threatening situations.

In some community facilities, staff may not be experienced in managing life-threatening food allergies, yet staff at many schools have experience in providing support to children with this condition. In some child care centres and schools, parents of children with life-threatening food allergies have asked that allergy-causing food be banned. Agreeing to this request implies that parents and children can rely upon the facility to successfully implement such a ban, thereby ensuring their children’s safety. As it is impossible to guarantee an allergy-free facility, imposing a ban not only creates a false sense of security for those children at risk, but also creates serious liability issues for the facility.

As an alternative to banning specific foods, many schools and child care settings are developing affirmative plans of action that recognize:

- Children in their care have life-threatening food allergies.
- Banning allergy-causing foods is very difficult and means limiting foods which other children may bring for snacks and lunch (e.g., peanut butter).
- It is impossible to guarantee an allergy-free child care or school setting.

The current approach is to promote “Allergy Aware” settings that reduce the chance of contact with life-threatening foods. Educating children, parents, staff, and care providers helps them work together to reduce the risk of exposure to life-threatening foods.

Strategies designed to protect children with food allergies are more effective when they respect the needs and rights of all children in the school or child care setting. Because each child’s food allergy and situation is different, an individualized plan of action must be tailored to each child and the environment.

- Educate staff, students, parents, parent advisory committees and other care providers about life-threatening food allergies.
- Collect relevant health information from parents of children with life-threatening food allergies.
- Develop care plans for day-to-day prevention with parents, the child, and their doctor.
- Develop a response plan in case of an emergency.
- Train care providers in emergency procedures to deal with life-threatening reactions.
- Create a safe environment on the playground by monitoring and controlling teasing and bullying of children with life-threatening food allergies.
- Create an “Allergy Aware” area where children can eat safely. In higher grades, students should be supported to take more responsibility for ensuring their food and eating-place is not contaminated and for getting help if problems emerge.

Appendix A

TESTIMONIAL FROM A PRINCIPAL

As the principal of an elementary school, a mother of a boy with peanut allergies who was starting kindergarten approached me. The mother wanted to help the school to deal with his life-threatening allergy. She was prepared with the Asthma and Allergy Information Association education kit and we set up a system whereby parents were asked not to send peanut-containing foods to school with their children. We thought we had done everything fairly but some parents were upset with the restricted food choices for their children, and wanted to discuss the issue at a Parent Advisory Committee (PAC) meeting.

Prior to the PAC meeting the community nutritionist, the school’s public health nurse, and the mother of the boy with allergies met with me to discuss possible strategies. In just half an hour the public health staff helped us adjust our system. We decided that the child with allergies should not eat in a different room. Instead, the child who brought peanut-containing food would be asked to eat the peanut product in a different classroom with a buddy. The nutritionist explained this would prevent prejudice against the allergic boy and would encourage other children to support the “no peanuts” rule.

The mother of the allergic boy presented the allergy information at the Parent Advisory Committee meeting. The nutritionist also attended the meeting and answered many nutrition questions. After further explanation, the other parents were supportive of the “Peanut Aware” request.

Appendix B

SAMPLE EMERGENCY PROCEDURE FOR POSTING ON WALL IN CLASSROOM AND IN TEACHER'S ORIENTATION FOLDER

(Emergency Procedures must be developed individually for each child with a life-threatening food allergy.)

EMERGENCY PROCEDURE FOR "SARA CLANCY"

If SARA CLANCY accidentally eats, smells, or touches a peanut, peanut butter, peanut product or nuts, her usual symptoms are: WHEEZING, VOMITING AND HIVES.

1. Immediately use the EpiPen (instructions are on the box) which Sara carries in her small pack at all times.
2. Notify the office by runner or the call button to phone 911 for an ambulance. Advise the dispatcher that a child is having an anaphylactic reaction.
3. Ask the office to phone Sara's parents to inform them of the reaction. The contact numbers are in Sara's file.
4. If an ambulance has not arrived in 10-15 minutes give a second EpiPen. The second EpiPen is in the medical room beside the office.
5. Even if symptoms go away entirely, Sara should be taken to the hospital immediately. A parent or staff member should accompany her to the hospital. Ambulance attendants may not be able to give the EpiPen.

This is a sample only

Appendix C

SAMPLE LETTER FROM SCHOOL ADMINISTRATOR

Dear Parents:

Mary Smith is a student in your child's classroom who has a severe allergy to peanuts. If Mary eats any peanuts or peanut butter, she will have trouble breathing within seconds. This can happen even if she eats a very small amount of peanuts or peanut butter by accident. To avoid such an emergency, we are asking for your cooperation.

We recognize that many children love peanut butter. However, we ask that whenever possible, please limit the amount of peanuts or peanut butter you send to school with your child. If your child does bring any food to school with peanuts or peanut butter, we ask she or he not eat at the same table with Mary.

Please discourage your child from sharing any food, knives, forks, spoons and food containers with Mary Smith. We encourage all students to get in the habit of washing their hands before and after eating. Teasing can become a problem in such situations and we ask all parents to discourage this hurtful practice.

Our teachers will be discussing the above points with students who are in Mary's class and we hope that parents will reinforce them at home with their children. In addition, the school nurse has reviewed emergency procedures with staff should they need to respond to such an emergency.

If you have additional comments or questions, please feel free to contact me at school.

Appendix D

SAMPLE NEWSLETTER ARTICLE

We have one child in our morning kindergarten class who has a severe allergy to peanuts and other nuts that could result in a life-threatening situation. Any contact with even a small trace of nuts, tasting, touching or smelling, could be life-threatening to this child. Because of the seriousness of this allergy, whenever possible please DO NOT send peanuts, peanut butter or nut products in your child's snacks or lunches or party foods. We want our classroom to be a safe place for all children. Thank you for co-operating in this matter. Please feel free to contact the classroom teacher or school principal any time should you have any questions or concerns.

Appendix E

FOOD ALLERGY RESOURCES

Health Professionals

Pediatric Allergists (medical doctors)

These specialists diagnose allergies, asthma, and other conditions. A doctor's referral is required.

Public health nurses and community nutritionists at Health Units

Check your blue pages or call Enquiry BC at 1-800-663-7867

Public health nurses and community nutritionists are available to consult with school staff and parents on life-threatening allergies and assist with plans. They can advise on policies and procedures which are "Allergy-Aware," provide information, and recommend or loan educational resources.

Dial-a-Dietitian (based in Vancouver)

Phone: (604) 732-9191 or 1-800-667-3438 (Toll free in BC)

Registered Dietitian Nutritionists (RDNs) answer nutrition questions, explain special diets, provide information on alternative foods and referrals to appropriate nutrition services. Services are available in English, Cantonese, Mandarin, and Punjabi. Queries about allergies and adverse reactions to food are the second-most frequently asked therapeutic nutrition questions.

Hospital outpatient dietitians

A doctor's referral is required to consult with these Registered Dietitian Nutritionists.

Allergy Nutrition Clinic

605-575 West 8th Avenue (Echelon Bldg), Vancouver, BC, V5Z 1C6

Phone: (604) 875-8288, Fax: (604) 875-8289

These Registered Dietitian Nutritionists provide individual nutrition assessment, counselling, and group presentations throughout the province. A doctor's referral is required. (May be faxed).

Asthma, Allergy and Eczema Program

Capital Health Region, 530 Fraser St., Victoria, BC, V9A 6H7

Phone: (250) 360-5600

The CHR provides one-on-one counselling, group learning sessions, home visits, and referrals for families, preschools, child care and school personnel. Doctor's referral not required.

Available from the CHR for posting in classrooms and staffrooms:

- Tips for Children & Students with Anaphylaxis
- Managing Food Allergies in the Classroom & Day Care

The Allergy Clinic

BC Children's Hospital, 4480 Oak St., Vancouver, BC, V6H 3V4

Phone: (604) 875-2118, Fax: (604) 875-3653

The most problematic and highest risk of food allergy sufferers are referred to this clinic from around the Province. A doctor's referral required.

Food / Labelling Information

Canadian Food Inspection Agency

59 Camelot Dr., Nepean, ON, K1A 0Y9

Phone: (613) 225-2342, Fax: (613) 228-6653

Website: www.cfia-acia.agr.ca E-mail: www.cfiamaster@em.agr.ca

Provides food labelling information and accepts inquiries from the public.

Agriculture & Agri-Food Canada

Consumer Products Officer Food Inspector

Phone: (613) 363-3166

Accepts reports of labelling concerns.

Food and Consumer Products Manufacturers of Canada

(formerly Grocery Products Manufacturers of Canada)

885 Don Mills Road, Suite 301, Toronto, ON, M3C 1V9

Phone: (416) 510-8024, Fax: (416) 510-8043

Website: www.fcPMC.com

Public Libraries

The librarian can help with finding or ordering appropriate resources.

The Internet

Be aware that not all information is accurate.

Associations and Organizations

Allergy Asthma Information Association (AAIA)

Provides information and support to help individuals manage their allergies. Resources include a "Parent Package" that provides information and overheads to aid with presentations for interested groups, including school staff. AAIA Chapters hold regular meetings and provide peer counselling by phone.

BC Yukon Region

113-445 Yates Road

Kelowna, BC, V1V 1Y4

Phone: (250) 861-6590 or (604) 731-9884 (message)

Fax: (250) 861-6597

E-mail: aaia@silk.net

National Office

750-30 Eglinton Avenue West

Mississauga ON, L5R 3E7

Phone: 1-800-611-7011.

Fax: (905) 712-2245

Anaphylaxis Ontario Project

10-65 Tromley Drive

Etobicoke ON, M9B 5Y7

Parent Package for Children with Anaphylaxis in Schools and Day-Care is available for \$30 for members/\$35 non-members.

The Allergy Foundation of Canada

PO Box 1904, Saskatoon, SASK, S7K 3S5

The Anaphylaxis Network of Canada

PO Box 57524, 1500 Royal York Rd, Etobicoke, ON, M9P 3B6

E-mail: network@anaphylaxis.org

Food Allergy Network (FAN)

10400 Eaton Place, Suite 107, Fairfax VA, USA, 22030-2208
Phone: 1-800-929-4040, Fax: (703) 691-2713
Website: www.foodallergy.org E-mail: fan@worldweb.net
Practical resources including: *Food Allergy News* newsletter, food allergy alert notices, and EpiPen Trainer.

Cookbooks

The Allergy Cookbook: Diets Unlimited for Limited Diets (1986)
by Allergy Asthma Information Association.

The Allergy Cookbook — Foods for Festive Occasions (1985)
by Allergy Asthma Information Association.

Dairy-Free Cookbook

by Jane Zukin. Prim Publishing, PO Box 1260BK, Rocklin, CA, USA, 95677
\$21.95. ISBN 1-55958-088-7.
Order from Coastal Cookbooks. Phone: (250) 595-5208

Exciting But Safe Recipes for Celiacs (1988)

by T. Jay and J. McCullough.
Order from Rare Gem Publishing.
PO Box 465, Brentwood Bay, BC, V0S 1A0

The Food Allergy Network Cookbook

Available from Food Allergy Network.
Phone: 1-800-929-4040.

The Milk-Free Kitchen

by Beth Kidder
Henry Holt & Co., New York, NY.
\$22.95. ISBN 0-8050-1836-0.
Order from Coastal Cookbooks. Phone: (250) 595-5208

The No Gluten Solution Children's Cookbook (1991)

by Pat Cassidy Redjou.

The Canadian Celiac Association Handbook - Celiac Disease Needs a Diet for Life (1993).

Phone: 1-800-363-7296

The Gluten-Free Gourmet and More From the Gluten-Free Gourmet
by Bette Hagman.

Other Books / Publications

ANAPHYLAXIS: A Handbook for School Boards (1996)

by Health Canada/Canadian School Boards Association.
Available for \$10 from the Canadian School Boards Association.
Phone: (613) 235-3724 Fax: (613) 238-8434.
E-mail: admin@CdnSBA.org

Awareness of chronic health conditions: What the teacher needs to know (1990)

by Province of British Columbia, Ministry of Education, Victoria, BC.
Available in schools.

Inter-Ministerial Protocols for the Provision of Support Services to Schools (1990)

by Province of British Columbia, Ministry of Education, Victoria, BC.

The School Food Allergy Program (1995)

by Anne Munoz-Furlong.
Available from the Food Allergy Network.

The Complete Guide to Food Allergy and Intolerance (1989)

by J. Brostoff & L. Gamlin. ISBN 0-7475-05667.

Food Allergies and the Foodservice Industry (1989)

by the Canadian Restaurant and Food Services Association.
80 Bloor St West, Suite 1201, Toronto, ON, M5S 2V1
Phone: 1-800-387-5649. \$3.50 per copy.

The Canadian Allergy and Asthma Handbook (1991)

by B. Zimmerman.

A Parent's Guide to Children's Allergies (1991)

by J. Webber.

No Nuts for Me (1995)

by A. Zevy. \$5.99. For young children.
Phone: 1-800-265-1095

Anaphylaxis - Facts and Treatment

by the Asthma Education Clinic (AEC)
1328 - 194 - 3803 Calgary Trail S., Edmonton, AB, T6J 5M8

Parenting Plus: Raising Children with Special Health Needs (1990)

by Peggy Finston, MD. Penguin Books.
Information on bullying, friends and enemies, and dealing with professionals.

Managing Food Allergy and Intolerance (1995)

by Janice Joneja, PhD, RDN.
Available in Vancouver from J.A. Hall Publications
Phone: (604) 738-9688
ISBN 1-55203-000-8.

Videos

Call the Food Allergy Network at 1-800-929-4040 to order:

Alexander the Elephant (Who Couldn't Eat Peanuts)

For young children. (\$US 12).

It Only Takes One Bite: Food Allergy & Anaphylaxis

For parents, teachers, and care providers. (\$US 20).

Food Allergy: Fact or Fiction

For children and teens. (\$US 20).

Food Allergy Can Kill*

*Available from the Allergy Asthma Information Association only.

Other Products

Health food stores

(see yellow pages under Health Food Products) and some grocery stores.

Garden Good Things

Many allergy-free products.
Phone: 1-800-399-3113

Liv'N'Well Distributors

1-7900 River Road
Richmond, BC, V6X 1X7,
Phone: (604) 270-8474
(Call for a free catalogue).

Mimic Kidswear

(ALLERGY ALERT clothing & patches)
Phone: 1-800-450-3301
E-mail: mimic@ican.net
(Call for a free catalogue).

NO-PEANUT LUNCH IDEAS

(The following list may contain other allergy-causing foods.)

Foods marked with a ☆ must be kept refrigerated to keep bacteria from growing.

Favourite food group choices

- ☐ whole wheat breads and cereals
- ☐ fruits, vegetables, and juices
- ☐ lean meat, fish, chicken, sesame butter (tahini) and beans
- ☐ skim or partly skimmed milk, cheese and yogurt

Catch these Combos

- pancakes or waffles, fruit, plain yogurt
- crisp bread, hard cheese, apple
- bran muffin, yogurt, vegetable sticks
- ☆ pasta salad, milk, peach
- ☆ hard cooked egg, whole wheat crackers
- ☆ bean dip, veggies, taco
- ☆ rolled up sliced meat, bread sticks
- ☆ whole wheat hot dog bun, sliced lean meat, cheese, tomato, lettuce

Muffin-wiches

- banana bran, hard cheese
- ☆ apple walnut, tuna
- ☆ cornmeal, BBQ chicken

Cheese, please!

- cheddar or hard cheese
- ☆ mix grated cheddar, cottage cheese, Parmesan with plain

- yogurt and mayonnaise to dip or spread
- ☆ carrot, celery, or bread stick wrapped in Swiss cheese
- ☆ string cheese
- ☆ cheese with chili bean or taco sauce dip or salsa
- ☆ sliced ham or turkey rolled around cheese stick
- ☆ cored apple filled with cheese
- ☆ mini cheese balls

Instead of Bread

- bagels or rolls
- English muffins
- scones or biscuits
- flat bread wraps
- pita bread
- rice cakes
- cracker bread
- Melba toast
- bread sticks

Between a Bagel

- cheese, alfalfa sprouts, thinly sliced tomato
- ☆ tuna, red pepper, thinly sliced cucumber
- ☆ turkey or ham and coleslaw

Other Butter Buddies

Mix almond, cashew or sesame butter (tahini) with:

- banana in hot dog bun (banana dog)
- raisins, grated carrot
- alfalfa sprouts
- crushed pineapple
- sunflower or sesame seeds
- crushed banana chips
- unsweetened applesauce, grated cheese
- chopped celery

Salads

- ☆ pasta
- ☆ green
- ☆ curried rice
- ☆ bulgur or cracked wheat
- ☆ mixed bean with sprouts
- ☆ potato

Cool Veggies

- turnip sticks
- carrot sticks or baby carrots
- celery sticks
- cauliflowererets
- broccoli or broccoflower trees
- baby corn
- radishes
- zucchini sticks
- peas in pod or snow pea pods
- pepper strips (yellow, green, red, orange, purple)
- cherry tomatoes

Choose vegetables and fruit “in season” and Buy BC

Fresh Fruit

- melon balls
- cherries
- berries
- kiwi fruit
- grapes
- nectarines
- pears
- peaches
- plums

Thermos or Chilled

- ☆ milk
- ☆ cottage cheese dip for vegetables
- ☆ plain yogurt with fruit added
- ☆ milk-based pudding

Sandwich Set Up

Bread or Rolls

- whole wheat
- rye
- pumpnickel
- multigrain
- cracked wheat
- flaxseed

Fillings

- nut butter (almond or cashew) or sesame butter (tahini)
- ☆ tuna
- ☆ hard cooked egg

Freezer Friendly Fillings:

- hard cheese-cheddar, mozzarella, Swiss
- ☆ processed cheese
- ☆ cold lean roast beef, pork, chicken, turkey, ham or meatloaf

Pack lettuce or alfalfa sprouts/ tomato/cucumber in a plastic bag to add to sandwich at lunch.

Salad or Pita Pocket Combos

(moisten with yogurt mixed with salad dressing)

- ☆ hard cooked egg, chopped cucumber, onion
- ☆ chicken chunks, sliced seedless grapes
- ☆ turkey chunks, chopped almonds, sprouts
- ☆ salmon or tuna or cooked fish, red pepper slices
- ☆ ricotta cheese, fruit
- ☆ chopped ham, pineapple
- ☆ hummus (tahini and ground chickpea dip), vegetables
- ☆ chopped ham, pineapple
- ☆ shredded cheese, grated carrot
- ☆ cheese, tomato, alfalfa sprouts

Hot Reruns

Pack a safe, hot lunch in a wide mouth thermos

- chili
- stew
- curry
- perogies
- spaghetti and meatballs
- pasta and favourite sauce
- macaroni and cheese
- baked beans
- soup or chowder
 - cream
 - split pea
 - lentil
 - vegetable

Add

- cheese bread stick
- corn bread or muffin
- soda bread
- chapati or roti
- bread pretzel
- bannock

Cold Reruns

- ☆ pizza (or English muffin or pizza or pita shell with topping)
- ☆ kebabs (e.g., meat or chicken, pepper, tomato)
- ☆ casserole
- ☆ stir-fried vegetables with tofu
- ☆ chicken pieces
- ☆ burrito with refried bean, cheese, tomato
- ☆ samosas
- ☆ empanada or Cornish pasties
- ☆ tortellini

Fast Fruits

- ☆ canned fruit (juice pack)
- applesauce
- banana
- apple
- orange
- kiwi fruit
- fruit juices and nectars (freeze in reusable cups for slush)

Versatile Veggies

- vegetable sticks
- ☆ cold vegetable salad
- ☆ coleslaw
- ☆ spinach salad
- ☆ carrot raisin salad

Little Extras

- sunflower or pumpkin seeds
- cashews or almonds
- cheese with crackers
- pepperoni stick or beef jerky
- pretzels
- non-sugar-coated cereal
- air popped popcorn
- pickles or olives
- special napkin or straw

Brush Up!

Pack a toothbrush for after these sweets or finish your meal with a water rinse or cheese.

- raisins, dried fruit or fruit leathers
- animal crackers, vanilla or graham wafers, gingersnaps, Social Teas, oatmeal, fig, raisin, apple or raspberry bars
- carrot, banana, date or pumpkin loaf
- canned pudding
- ☆ yogurt drink or chocolate milk

FOODSAFE Lunches

- Fix lunches ahead (make after dinner and refrigerate).
- Use an insulated bag with a freezer pack or chilled thermos to keep food cool. Frozen cartons or bottles of juice or milk keep food cool.
- Make sandwiches ahead and freeze (without vegetables or mayonnaise) to thaw for lunch (See Freezer Friendly Fillings on page 33).
- Choose a thermos and reusable plastic dishes and bottles to pack lunches instead of throw away packaging.
- Don't reuse plastic bags— they can harbour bacteria. Recycle aluminium cans if possible.
- Wash lunch containers every night to keep bacteria from growing and, once a week, clean them with baking soda to get rid of odors.

Kids can help build lunches

