MANAGING FOOD ALLERGIES AND INTOLERANCES

Identify Students with Food Allergies or Intolerances

- Set up a system for identifying students with food allergies or intolerances. This system must be clear and known to all.
- Put a system in place in your program to keep foods that will be served to students with food allergies or intolerances separate from other foods, if they are different.
- Make sure all kitchen equipment, dishes and cutlery are cleaned every day in accordance with provincial hygiene and food safety standards.
- Familiarize yourself with the most common allergens, as well as the specific allergies of children in your school's program. This will make it easier for you to select inclusive foods when making your purchases.

Cross-Contamination

Food cross-contamination occurs when bacteria, microorganisms or allergens spread from one food to another, typically through contact with hands, surfaces or utensils. Cross-contamination can lead to an allergic reaction.

- Allergens should never be in contact with other foods or kitchen tools (e.g., knives, cutting boards, bowls).
- Hands should be washed properly with soap and warm water after handling food that may contain allergens.
- Breakfast should be prepared first for students with food allergies or intolerances to avoid cross-contamination.

Allergy Alerts

- Allergy alerts (provided by the school) for students with allergies or intolerances must be easy to access and displayed in the breakfast room or classroom where children eat.
- If a student who is attending your breakfast program for the first time has a food allergy or intolerance, take special care to ensure that the food you serve them is free of allergens. Be sure to add their allergy alert to the others.

Auto-Injector

- Schools should make sure that their coordinator is trained on how to administer the EpiPen® auto-injector.
- Resources for schools such as reminder sheets and videos are available at https://www.epipen.ca/en-ca/what-is-epipen/how-to-use-epipen.
- If an EpiPen® is administered to a student, make sure to follow your school's protocol for contacting health authorities and parents.

Food Delivered by Breakfast Club of Canada

- If your program receives food from the Club, use the food catalogue to share the necessary food information with parents of students who have food allergies. Ask parents to identify which foods their child cannot eat. Set up a clear protocol to make sure those foods are never served to that student.
- The school is responsible for sharing the relevant information with parents and maintaining clear communication among everyone involved in the breakfast program.