

## D-201 Allergies & Health Plan Policy

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Children are provided a nutritious breakfast, lunch, and PM snack each day. Blossoms staff members follow the nutritional guidelines established by the Child and Adult Care Food Program. Menus are posted on family information boards. Families may request a copy to take home.

Children are encouraged to sample all foods that are offered, but will never be forced to eat. At enrollment and as needed families inform staff members if their child cannot eat a certain food or has different dietary needs (e.g. vegetarian, vegan, lactose intolerant) so a substitution can be made. The center will provide substitutions for food allergy needs.

### Food from Home

We know that at times families want to celebrate a birthday or a holiday. In order to minimize exposure to potential harmful allergens, family members work with the Center Manager to develop a plan. Due to various food allergies and dietary restrictions in our classrooms, any food brought in by families must be pre-approved by the Center Manager and store-bought and in the original, unopened package. A list of healthy snack options approved by the USDA is available from the Center Manager.

### Food Allergy Action Plan

If a child has a food allergy the family completes a *Food Allergy Action Plan* form available in the office. This form is posted in the child's classroom, as well as in food preparation areas. If medication for an allergic reaction is provided, families provide a *Food Allergy Action Plan* signed by the child's primary care provider.

### Allergies

A child with allergies must have an *Allergy Action Plan* posted in a visible location in the classroom. If the allergy is food related, an *Allergy Action Plan* must also be posted in the kitchen area. All staff working in the classroom of a child with allergies must review the *Allergy Action Plan* to ensure understanding of emergency procedures in case the child has an allergic reaction. All allergic reactions are documented with a *Health Incident Form*.

### Special Health Care Needs

An *Emergency Care Plan* will be on file for any child with special health care needs (seizures, etc.). A copy of the *Emergency Care Plan* will be kept in the classroom emergency binder. All staff working in the classroom must familiarize themselves with this plan, should an emergency arise. If necessary, staff will receive training regarding a child's specific health care needs.