Teacher's Checklist for Managing Food Allergies

- ✓ Work with parents, the school nurse, and other appropriate school personnel to determine if any classroom modifications are needed to make sure that students with food allergies can participate fully in class activities.
- ✓ Avoid the use of identified allergens in class projects, parties, holidays and celebrations, arts, crafts, science experiments, cooking, snacks, or rewards. Modify class materials as needed.
- ✓ Use non-food incentives for prizes, gifts, and awards.
- ✓ Consider designated allergy-friendly seating arrangements in the cafeteria.
- ✓ Include information about children with special needs, including those with known food allergies, in instructions to substitute teachers.
- ✓ Encourage children to wash hands before and after handling or consuming food.
- ✓ Determine if the intended location for a field trip is safe for students with food allergies. If it is not safe, the trip might have to be changed or cancelled if accommodations cannot be made. Students cannot be excluded from field trips because of food allergies.
- ✓ Avoid ordering food from restaurants because food allergens may be present, but unrecognized.
- ✓ Have rapid access to epinephrine auto-injectors. If you suspect a severe food allergy reaction or anaphylaxis, take immediate action, consistent with your school's food allergy management emergency response protocol.
- ✓ Be a role model by respecting the needs of students with food allergies and reinforcing the school's rules against discrimination and bullying.

