

Fort Worth ISD Child Nutrition Services
Procedure for Requesting Special Dietary Modifications for Students

Dear Parent,

To ensure Fort Worth ISD is aware of your child's dietary modification needs, there are several steps to take for your child's wellbeing.

1. The Dietary Request Form must be filled out **annually** with a medical authority and returned to the nurse at the child's home school.
2. The nurse then submits the form to the Dietitian(s) and Cafeteria Manager.
3. If the food allergy and/or disability is life-threatening, an individualized care plan meeting will be scheduled with the school counselor, nurse, dietitian, teacher, and parent to develop a care plan for your child. Following the care plan meeting, an individualized menu will be created and you will be notified when the special diet is to start.

Child Nutrition Services and Health Services have collaborated to standardize this procedure and form for ordering special dietary modifications for students. This procedure was developed to ensure that students receive adequate nutrition and schools have the equipment and supplies necessary to meet their needs.

A child with a disability must be provided substitutions in foods when that need is supported by a statement signed by a licensed medical authority. The statement must identify:

- the child's disability;
- an explanation of why the disability restricts the child's diet;
- the major life activity affected by the disability;
- the food(s) to be omitted from the child's diet, and the food or choice of foods that must be substituted;
- specific substitutions needed must be specified in a statement signed by a licensed physician.

The school food authority will decide these situations on a case-by-case basis. Documentation with accompanying information must be provided by a recognized medical authority. While school food authorities are encouraged to consult with recognized medical authorities, where appropriate; schools are not required to make modifications to meals based on cultural/personal preferences of the family or child regarding a healthful diet.

Please note: When a food allergen is not one of the eight major food allergens and is listed on the ingredient list as 2% or less, this food *will be allowed*. For example: Garlic is listed as 2% or less on the ingredient list, thus garlic is not listed as an allergen for that food item.

Fort Worth ISD adheres to evidence-based research and agrees with the Food Allergy Research and Education (FARE) practice on soy allergies. The FDA exempts highly refined soybean oil from being labeled as an allergen. Studies show most individuals with a soy allergy can safely eat highly refined soy oil and soy lecithin. Thus, Fort Worth ISD **allows soy oil and soy lecithin** in the soy allergen diets.

Please contact Child Nutrition Services at 817-814-3500 or dietitians@fwisd.org if you have any questions or concerns.

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