East Lyme Public Schools

FOOD ALLERGY & DIETARY NOTICE

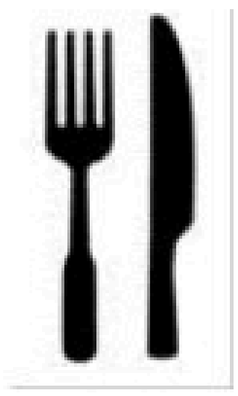
A GROWING NUMBER OF CHILDREN HAVE ALLERGIES, AND DIAGNOSIS GRADUALLY INCREASE AS KIDS GET OLDER

THERE ARE 9 MAJOR ALLERGENS

LLHD
Ledge Light Health District

Promoting healthy communities

FOOD ALLERGY?



Please be advised that any of our products may contain or may have come in contact with food allergens including Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree nuts, and Wheat. Before placing your order, please inform your server if a person in your party has a food allergy.

216 Broad Street • New London, CT 06320 • phone. 860.448.4882 • fax. 860.448.4885 • www.llhd.org

IN COMPLAINCE WITH OUR HEALTH DISTRICT WE HAVE THE ABOVE POSTER VISIBLE AT ALL CAFETERIA SERVICE SITES

BREAKING DOWN THE 9 MAJOR ALLERGENS:

1. MILK

- SOURCES: COW'S MILK AND MILK-DERIVED INGREDIENTS (CASEIN, WHEY, LACTOSE, BUTTERFAT).
- COMMON FOODS:
  - Dairy: milk, cheese, butter, yogurt, cream, ice cream
  - Baked goods (cakes, muffins, breads)
  - Sauces and soups (cream-based, cheese sauces)
  - Chocolate and candies

2. EGGS

- COMMON FOODS:
  - Baked goods (cakes, cookies, pastries, breads)
  - Mayonnaise, aioli, salad dressings
  - Custards, puddings, meringues
  - Pasta and noodles
  - Battered and breaded foods (May use egg wash)

3. FISH

- SOURCES: FINFISH SUCH AS SALMON, TUNA, COD, HADDOCK.
- COMMON FOODS:
  - Grilled, fried, or baked fish
  - Fish sauces and stocks
  - Worcestershire sauce (sometimes contains anchovies)
  - Caesar dressing (may contain anchovies)

4. CRUSTACEAN SHELLFISH

- SOURCES: SHRIMP, CRAB, LOBSTER, CRAWFISH.
- COMMON FOODS:
  - Steamed or fried shrimp/crab/lobster
  - Seafood stews, gumbo, chowders
  - Sauces (shrimp paste, crab extract)
  - Fish stock

BREAKING DOWN THE MAJOR ALLERGENS PART 2

5. TREE NUTS

- SOURCES: ALMONDS, WALNUTS, CASHEWS, PISTACHIOS, PECANS, HAZELNUTS, BRAZIL NUTS, PINE NUTS, MACADAMIAS.
- COMMON FOODS:
  - Nut butters and spreads (almond butter, Nutella [hazelnut])
  - Baked goods (brownies, cookies, cakes)
  - Pesto (may contain pine nuts)
  - Ice cream and chocolates
  - Cereals, granola, trail mixes

6. PEANUTS

- SOURCES: PEANUTS (LEGUME, NOT A TREE NUT)
- COMMON FOODS:
  - Peanut butter, peanut oil, peanut flour
  - Baked goods, candies (Snickers, peanut brittle)
  - Sauces (Thai peanut sauce, satay)
  - Protein bars, snack mixes
  - Breakfast cereals and granola

7. WHEAT

- SOURCES: ALL FORMS OF WHEAT, INCLUDING SPELT, FARRO, DURUM, SEMOLINA, KAMUT.
- COMMON FOODS:
  - Breads, pasta, crackers, tortillas
  - Baked goods (cakes, cookies, muffins, pastries)
  - Cereals
  - Soups and sauces (as thickener)
  - Breaded/fried foods

8. SOYBEANS

- SOURCES: SOY PROTEIN, SOY FLOUR, SOY MILK, TOFU, EDAMAME, MISO, SOY SAUCE.
- COMMON FOODS:
  - Soy milk, tofu, tempeh
  - Soy sauce, miso soup, edamame
  - Vegetarian “meat” substitutes
  - Processed foods (soups, sauces, frozen meals)
  - Baked goods, cereals, protein bars (may contain soy lecithin or soy protein)

9. SESAME (ADDED IN 2023 AS THE NEWEST MAJOR ALLERGEN)

- SOURCES: SESAME SEEDS, SESAME OIL, TAHINI (GROUND SESAME PASTE).
- COMMON FOODS:
  - Bread and bagels (often topped with sesame seeds)
  - Hummus (contains tahini)
  - Asian cuisine (sesame oil, sesame seeds on sushi)
  - Middle Eastern foods (falafel, baba ghanoush, tahini sauces)
  - Snack bars, crackers, chips

EAST LYME BOARD OF EDUCATION (BOE) POLICY AROUND FOOD

REFERING TO WELLNESS POLICY 6142.101

Please be aware that the schools must be vigilant in protecting the health and safety of all students. **Families may be asked to avoid sending in any food products that could cause a life-threatening allergic reaction in certain classrooms.**

- All food not distributed by the District's School Lunch Program must be prepackaged from a retail agent with a list of ingredients. Homemade goods are not acceptable for distribution. There will be no food related fundraisers held during the school day.

- The East Lyme Board of Education discourages the use of food as reinforcement, with exceptions for curriculum-based events.

EAST LYME *PARENTS* CAN HELP PROMOTE ALLERGY AWARENESS AND REDUCE THE RISK OF AN ALLERGIC REACTION OCCURING IN SCHOOL BY DOING THE FOLLOWING:

1. TAKE FOOD ALLERGIES SERIOUSLY.

It is difficult to believe that foods most of us enjoy every day can be harmful to others, but IT'S TRUE. Food Allergy students need our help to prevent life threatening reactions. *Sometimes, a food allergy reaction happens from eating, touching, or breathing in a tiny amount of the allergic food.*

2. READ FOOD LABELS.

Before sending food into school (Breakfast, snack, lunch, and after school activities), check to see if the food has peanuts/nuts or other food that your child's friends and classmates are allergic to. The Food Allergen Label and Consumer Protection Act states that if a food product contains one of the top 9 allergens (wheat, eggs, milk, peanuts, tree nuts, soy, fish, shellfish, Sesame), it must be indicated on the ingredient label in BOLD or adjacent to the ingredient list as "CONTAINS".

3. **LEARN THE SIGNS AND SYMPTOMS OF A FOOD ALLERGIC REACTION.**

An allergic reaction can happen very quickly. Familiarize yourself with the signs. (Refer to Know The Signs below) Reactions can range from mild to severe to life threatening. Be prepared to call for help immediately.

4. FOLLOW THE BOE POLICIES.

Adhere to each classrooms policy around allergen foods that may need to be avoided during the school day, any food not distributed from food service must be prepacked and labeled with allergens, no homemade goods or food related fundraisers during the school day. Encourage non-food related reinforcements.

5. TALK TO YOUR CHILDREN ABOUT FOOD ALLERGIES.

Teach your children to be mindful of other children's allergies when they participate in activities and while eating lunch and snack. **Remind your child not to share food and to wash their hands and face with soap and water after eating.**

EAST LYME *STUDENTS* CAN BE GOOD FRIENDS TO A FOOD ALLERGIC CLASSMATE BY DOING THE FOLLOWING:

1. AVOID EATING FOOD THAT CONTAINS THE INGREDIENTS YOUR FRIEND IS ALLERGIC TO WHEN THAT FRIEND IS NEARBY.

If you have a favorite food that your friend is allergic to, eat that food when you are at home and not with your friend. Ask your parents to pack you a snack and lunch that contains safe foods.

2. NEVER SHARE FOOD, ESPECIALLY WITH YOUR FRIENDS WHO HAVE FOOD ALLERGIES.

Children with allergies must stay away from and never eat the foods they are allergic to. Your food may contain an ingredient that is harmful to your friend. This is a time when it is okay NOT to share.

3. WASH YOUR HANDS AND FACE WITH SOAP AND WATER AFTER YOU EAT.

Washing with soap and water is the best way to wipe off any food that is on your hands and face. After eating breakfast, snack and lunch, be sure to wash your hands with soap and water. Hand sanitizers are not as effective in removing food proteins.

4. IF A FRIEND WHO HAS FOOD ALLERGIES FEELS SICK, GET HELP IMMEDIATELY.

Tell an adult right away that your friend is feeling ill and has a food allergy. Have an adult call 911 immediately. Your quick action could save a life.

5. INCLUDE YOUR FRIENDS WHO HAVE FOOD ALLERGIES.

Include all of your classmates and friends in playing games and having fun. Kids with food allergies can’t eat the same things as you, but they like to have fun just like you.

KNOW THE FACTS!

SIGNS & SYMPTOMS - These signs can appear alone or all together

- Skin: itching, redness, swelling, hives
- Mouth: itching, swelling of lips and/or tongue
- Stomach: vomiting, diarrhea, cramps
- Respiratory: shortness of breath, wheezing, coughing, chest pain and/or tightness
- Heart: weak pulse, dizziness, faintness
- Other: headache, nasal congestion, watery eyes, sweating, confusion, feeling of impending doom, anxiety

*Young children may try to describe symptoms such as: “My tongue is hot” or “My throat feels thick.”

An allergic reaction can progress quickly. Epinephrine is the only medication that can reverse a life threatening reaction. EPI FIRST, EPI FAST!!!

For more information, please go to www.foodallergy.org/ symptoms.

CROSS CONTACT / CONTAMINATION

Cross contact occurs when a food allergen or unsafe food is transferred to other food products, kitchenware or utensils that are considered safe. Preparation of food using the same utensil or surface can result in cross contact and cause an allergic reaction.

Currently, there are NO laws requiring cross contact information to be provided by the food manufacturer on ingredient labels. “May contain”, “May contain traces of” and “Made in a facility with” statements are all VOLUNTARY. A product without this information should NOT be considered safe for an individual with food allergies.

If in doubt, stay away from the product in question. It is always best to err on the side of caution and safety!

Should you have any questions or concerns regarding allergens from food provided by East Lyme Food Services you may reach out to the following:

Food Service Director
CHRISTIAN.URBAN@ELPSK12.ORG

Assistant Food Service Director, Registered Dietitan
ASHLEIGH.MEEK@ELPSK12.ORG