

# FOOD ALLERGY FACT SHEET

## Common Questions: School Nutrition Staff

### What should I do if I make an error when preparing food for a student with a food allergy?

If you make an error, notify your supervisor or manager as quickly as possible. If they are not available, notify the school office. Do not serve the food to the child with the food allergy.

### What should I do if a student with a food allergy complains of symptoms but looks fine?

Take all complaints from a child with food allergies seriously. Notify your school nurse or office immediately.

### What should I do if I notice a student with food allergies being bullied?

Teasing or taunting a student with food allergies should never be allowed. Respond to bullying quickly and consistently, and report all incidents to your manager or school office immediately.

### How can I be prepared if a student has a severe allergic reaction?

Attend any food allergy training that is offered and know the symptoms of a severe allergic reaction. Be familiar with the food allergy action plan of each student with food allergies.

### Can exposure to a very small amount of allergen cause a reaction?

Yes. Even a very small amount of an allergen has the potential to cause severe allergic reactions.

### Are potholders and oven mitts sources of cross-contact?

Yes. Use only dedicated potholders and oven mitts when making allergen-free food items. Wash hands after using potholders and oven mitts.

## References

- Institute of Child Nutrition. (2016). *Serving safe food to students with food allergies sample SOP*. <https://theicn.org/foodsafety>
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