

## TRUMBULL COUNTY BOARD OF DEVELOPMENTAL DISABILITIES

Policy

Section 8.43

### **FAIRHAVEN SCHOOL DIETARY SAFETY**

#### **Purpose:**

This policy is designed to protect and promote the health and well-being of students who may have life-threatening food allergies, food intolerances, dietary restrictions, or require specialized diets or food textures. health, and facilitate optimal development of each student. The policy provides the framework needed to ensure students receive nutritional services based on their unique needs.

#### **Policy and Procedures:**

The Trumbull County Board of Developmental Disabilities' Fairhaven School will follow all dietary requirements identified for each student and takes all necessary precautions to protect students from potentially life-threatening food allergies.

The following outlines how the Fairhaven School's Food Services department defines, implements and monitors each student's food allergies, intolerances, and preferences:

#### **A. Life-threatening Food Allergies**

Life-threatening food allergies are defined as an allergy in which a student has prescription medication on file with the school clinic in the event of a medical emergency. Allergic reactions that require emergency treatment include, but are not limited to, trouble breathing, breaking out in a rash or hives, or going into anaphylactic shock from eating a food item to which they are allergic.

Based on the information contained in the student's record, the Food Services department establishes an alert in the student's lunch account which will notify staff of the life-threatening allergy. The student is then prohibited from purchasing such items.

The food services program minimizes serving menu items that contain life-threatening allergens like peanuts or tree nuts, but it does not eliminate the possibility of exposure to allergens. **It is possible that cross-contact may occur.** Cross-contact is when a food item with an allergen (for example peanuts), touches another food item that does not normally have exposure to allergens (such as carrots).

#### **B. Food Intolerances**

If a student is intolerant of a food item, the Food Services Department will monitor to ensure a student does not receive that food item.

The biggest occurrence of intolerance is lactose (or sugar) in milk. If a student is intolerant of regular milk, they may choose to take lactose-free milk. Juice is not

an allowable substitute per the USDA. Water is also available and accessible in the cafeteria for each student.

**Again, the Fairhaven School Food services program take allergies seriously. Thus, it is incumbent upon the parent/guardian to be very specific the student's dietary needs.**

- 1) **Milk Allergy** – A milk allergy means the student is allergic to the protein in milk and ingesting it means it could threaten their life. When the food service program is informed that a student has a milk allergy, staff will refuse to serve the student anything with milk protein in it such as chocolate milk, pizza, cheese sticks, yogurt, toasted cheese, macaroni and cheese, etc.
- 2) **Milk Intolerance** – A milk intolerance means the student is intolerant of lactose in regular milk which could cause them to have an upset stomach or discomfort. If a student is intolerant of regular milk but may have cheese or other milk products, this must be specifically noted in the students record for the food services department.

#### C. Food Preferences

Religious and ethnic dietary needs are observed if we are notified.

#### D. Specialized Diets and Food Textures

Along with having an order for prescription medication on file in the nursing office to respond to life-threatening food allergies, a physician's order with specific guidelines or requirements must be provided for specialized diets or food consistency/textures. Please refer to the Fairhaven School Nursing Service Policy Section 8.42 for more specific information.

#### E. Notifying Food Services

A fully completed Emergency Medical Form and Emergency Allergy Plan (if applicable) must be on file with the school nurse prior to the student attending and annually thereafter. The school nurse updates the Food Services Department annually with the student's allergen and dietary information. Food Services updates allergens and specialized diets each year.

The food services department will work closely with parents to teach students with allergies the food items they must avoid. Parents/guardians must notify the Food Services Department and school nurse if/when allergy information is identified or diagnosed for a student.

  
Board President

  
Superintendent

Adopted: 1/25/2021

References: