



Nutrition Backpack

Polk County
School Nutrition



Food Allergies

Top Eight Food Allergens

Milk
Eggs
Peanuts
Tree Nuts
Wheat
Soy
Fish
Shellfish

For More Information

<http://foodallergy.org/school/toolkit.html>

<http://www.ific.org/food/allergy/index.cfm>

<http://www.Kidnet.com>

Food Allergies are becoming increasingly more common in children. They can be safe at school and if they enjoy school lunch, they can continue that safely too. The safety of the children we feed is a high priority and we're here to help! Education and communication are key to your child's safety.

It is important to communicate your child's dietary needs to the school nursing staff as well as the School Nutrition Manager. They will work with the School Nutrition Dietitian to ensure that your child can safely enjoy their school lunch. Each school year have a Diet Modification Form signed and dated by a licensed physician that identifies the food or foods that are to be omitted as well as the severity of the allergy/intolerance. The form can be obtained at the school or online at:

www.polk-fl.net Enter keyword: Nutrition

In accordance with USDA's implementing regulations, 7 CFR Part 15b.3 the Foodservice Department is:

-Required to provide substitutions to the standard meal requirements for participants who are considered disabled* and whose disability restricts their diet

-Permitted to make substitutions for other participants who are not disabled but who are unable to consume regular program meals because of medical or other special dietary needs.

*A food allergy is considered a disability if a physician assesses that consuming the allergen may result in a severe, life-threatening reaction.