



# Nutrition Backpack

Polk County  
School Nutrition



## Food Allergies

### Top Eight Food Allergens

Milk  
Eggs  
Peanuts  
Tree Nuts  
Wheat  
Soy  
Fish

#### 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.

Once you have a food allergy plan in place with the school, don't forget to contact the Foodservice Manager in your child's cafeteria. They will work with the Foodservice Dietitian to ensure that your child can safely enjoy their school lunch. Always provide the Manager an up to date medical statement 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.

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.