

Back-to-School Food Allergy List

Questions to Ask School Administrators

- What policies and procedures are in place?**
 - Is the school allergen-free?
 - Is there a separate eating area for children with food allergies?
- What information do you need from me?**
 - Is there an emergency medical plan I need to fill out?
 - Do you require a doctor's signature?
- How will food safety information be communicated to other parents?**
 - Do you know if a note will be sent home?
 - Are there signs at the school entrance if it's an allergen-free zone?
- How will information be shared with staff not directly involved with my child?**
 - Will there be a staff meeting or posters in the staff room?
- How will substitute teachers be informed?**
 - Ensure the information is prominently displayed, such as on attendance sheets.
- Where will my child's EpiPens be kept?**
 - Can my child carry an EpiPen?
 - Medications should be easily accessible and in an unlocked room at all times.
- How and when will staff be trained?**
 - Can I attend or assist in any way?
 - Would the school like to borrow an EpiPen trainer for practice?
- Will all lunchtime supervisors, including substitutes, be trained?**
 - Even just asking this question highlights the importance of your child's safety.
- How will allergy information be shared with after-school program staff?**
 - Is there a separate training session for after-school caregivers?
 - Will they have access to the same resources and information as daytime staff?
- What is the protocol for classroom projects involving food?**
 - Will parents be notified in advance of any food-related activities?
 - Are there alternative options for children with allergies?
- How will the school handle emergencies?**
 - Is there a clear emergency response plan in place for allergic reactions?
 - How quickly can emergency services be contacted and arrive at the school?
- What measures are in place for school events and field trips?**
 - How is food managed during these events?
 - Are there specific guidelines to ensure the safety of children with allergies?

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Questions to Ask Classroom Teachers

- What precautions will be taken during mealtime?**
Discuss the teacher's knowledge and practices regarding food allergies.
- Will an adult be present during mealtime for the entire break?**
This is crucial for younger children who may have difficulty communicating distress.
- How will other children be informed?**
Would the teacher recommend a picture book discussing food allergies?
- Can we review the use of the EpiPen together?**
Most teachers appreciate a review only if they have extensive experience.
- What are the classroom rules around sharing food?**
This provides peace of mind that the topic will be addressed early on.
- What happens if another child brings in food containing my child's allergen?**
Some schools have policies to trade such foods for safe alternatives.
- What are the handwashing routines before and after mealtimes?**
Ensure children wash their hands and desks if allergens are allowed.
- Are families allowed to bring in snacks/treats for parties?**
Can you send alternate treats for your child?
Would the teacher like recommendations for allergen-free products?
- How will allergies be monitored on school trips?**
Who will carry the EpiPens?
Will there be a no-eating rule on the bus?
Is the allergen present at the destination?
- How will birthday celebrations be handled?**
Are there specific guidelines for bringing in treats?
Can you provide safe treats for these occasions?
- Is there a plan for substitute teachers?**
How will substitutes be informed about my child's allergies?
Is there a visible and accessible plan for emergencies?
- How will classroom activities involving food be managed?**
Will parents be notified in advance?
Can alternative, safe activities be provided?

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Printer-Friendly Version

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What information do you need from me?

Is there an emergency medical plan I need to fill out?

Do you require a doctor's signature?

How will food safety information be communicated to other parents?

Do you know if a note will be sent home?

Are there signs at the school entrance if it's an allergen-free zone?

How will information be shared with staff not directly involved with my child?

Will there be a staff meeting or posters in the staff room?

How will substitute teachers be informed?

Ensure the information is prominently displayed, such as on attendance sheets.

Where will my child's EpiPens be kept?

Can my child carry an EpiPen?

Medications should be easily accessible and in an unlocked room at all times.

How and when will staff be trained?

Can I attend or assist in any way?

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Will all lunchtime supervisors, including substitutes, be trained?

Even just asking this question highlights the importance of your child's safety.

How will allergy information be shared with after-school program staff?

Is there a separate training session for after-school caregivers?

Will they have access to the same resources and information as daytime staff?

What is the protocol for classroom projects involving food?

Will parents be notified in advance of any food-related activities?

Are there alternative options for children with allergies?

How will the school handle emergencies?

Is there a clear emergency response plan in place for allergic reactions?

How quickly can emergency services be contacted and arrive at the school?

What measures are in place for school events and field trips?

How is food managed during these events?

Are there specific guidelines to ensure the safety of children with allergies?

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