

BACK TO SCHOOL



School Information Check List

- Meet with your child's teacher, school nurse, cafeteria manager and other staff (e.g., coach, band director).
- Be clear on the school's guidelines for managing students with food allergies.
- Discuss your child's needs throughout the school day in different areas, including the classroom, cafeteria, playground and school bus.
- Ask if cafeteria staff have been trained on safe food preparation for food allergies.
- Share your child's emergency care plan with everyone who comes in contact with him or her
- Work with the school to develop a Section 504 Plan, or other written food allergy management plan
- Know who is trained to give your child's medication in the event of an emergency.
- Determine if guidelines like no food sharing or handwashing after eating or handling food can be implemented in the classroom.
- Discover where food will be kept, where your child will eat and who will oversee meals or snacks.
- Ask to be given advanced notice about field trips and other events
- Deliver your child's emergency care plan and medication(s) on or before the first day of school.
- Remind your child to avoid eating any food whose ingredients are unknown, such as home-baked goods.
- Check-in with your child's teacher(s) to see how things are going.
- Always be on the lookout for signs that your child might be experiencing bullying or teasing because of his or her food allergy.
- Share resources, like those found on FARE's Back-to-School Headquarters, with your child's school

Learn more at [FoodAllergy.org](https://www.FoodAllergy.org)

