



# Keeping Children with Food Allergies Safe at School

50%

Food allergies among children increased by 50 percent between 1997 and 2011, according to a 2013 study released by the Centers for Disease Control and Prevention (CDC).

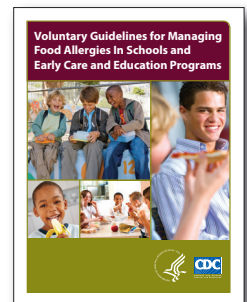
40%

Today, one in 13 children has food allergies, and nearly 40 percent of these children have already experienced a severe allergic reaction. Many of these reactions happen at school.

The CDC recently published National Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs, available at [www.foodallergy.org/CDC](http://www.foodallergy.org/CDC). The information in these guidelines helps schools to avoid, recognize and treat allergic reactions while ensuring that students with food allergies are safely included in all school activities.

## Important highlights and recommendations from the CDC National Guidelines:

1. Every school should have a Food Allergy Management and Prevention Plan (FAMPP) that outlines the school or district's overall policy and procedures for managing food allergies.
2. Every child at risk for anaphylaxis should have an individual written accommodation plan. In public schools, this plan will often be a Section 504 plan. In private schools, a similar written plan will serve the same purpose.
3. A child's accommodations plan (504 plan or other written plan) has two parts:
  - a. The accommodations or services needed for the child to be safely included in activities.
  - b. The emergency care plan that explains how to treat an allergic reaction.
4. Common accommodations (e.g. allergen-free classroom) and recommended practices can be found in pages 41-43 of the guidelines.
5. Food allergies may constitute a disability under the law. This is important because schools cannot exclude children with food allergies from activities (e. g. science experiments, classroom celebrations, field trips etc.) because of their food allergies.



## Additional Resources:

National Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs

[www.foodallergy.org/CDC](http://www.foodallergy.org/CDC)

Trends in Allergic Condition: Data Brief from the Centers for Disease Control and Prevention (CDC)

<http://www.cdc.gov/nchs/data/databriefs/db121.pdf>

Protecting Students with Disabilities—Guidance from the Office for Civil Rights (OCR)

<http://www2.ed.gov/about/offices/list/ocr/504faq.html>

Food Allergy & Anaphylaxis Emergency Care Plan

<http://www.foodallergy.org/document.doc?id=234>

