



## Nutrition Services and the Food-Allergic Student in CVSD

The CVSD Nutrition Services Department wants to create a partnership with parents, teachers, nurses, custodians, kitchen staff, and principals to ensure the safest possible environment for students. We have students with a wide variety of life-threatening food allergies in our district. It is virtually impossible to eliminate any food allergen totally from the schools due to the number of sources of foods that come into the schools, the potential for hidden ingredients, and the possibility for contamination of food where it is packaged. Another possible problem is that ingredient lists for food items may be changed by the manufacturer without prior notice. Actions that we *are* taking include:

- Identifying the common food allergens, trying to limit their use within reasonable limits, and notifying staff and students when they appear in a menu.
- Since nuts are one of the most common allergens we have taken the step by identifying them with a squirrel symbol on our written menus. We will provide lists of foods with other allergens to parents upon request.
- Spokane Public Schools have developed an allergy list for school menu items that is posted online at <http://www.spokaneschools.org/NutritionServices/Allergies/Menu.stm>. Since we use many of the same menu items this might be an additional resource for families.
- In tandem with the School Nurses an effort is made to identify all students with specific food allergies. We try not to serve the student a food to which he/she is allergic but with the number of students served everyday it is essential for the student to also take responsibility for avoiding that food.
- Food substitutions are made when a written prescription is received from the student's Health Care Provider specifying the food to avoid.