

# **Sandwich Public Schools**

## **Food Allergy Awareness Position Statement**

The **Sandwich Public School District** believes it is critically important to take the necessary steps to insure the health, well-being and safety of our students. The reality is that food allergies are becoming more and more common. However, due to food processing practices it is not possible to **guarantee** that any school environment can be totally nut free, thus the need for a raised level of **food allergy awareness**.

Although an individual could be allergic to any food, there are eight **foods** that account for 90% of all food-allergic reactions: **peanuts, tree nuts** (almonds, brazil nuts, cashews, hazelnuts/filberts, macadamia nuts, pecans, pine nuts/pignolias, pistachio, walnuts, etc), **milk, eggs, fish shellfish, soy and wheat**.

### **Resouces: What is a Food Allergy?**

#### **Awareness:**

[http://www.allergyhome.org/schools/food\\_allergy\\_awareness\\_for\\_school\\_kids/](http://www.allergyhome.org/schools/food_allergy_awareness_for_school_kids/)

#### **Prevention:**

<http://www.allergyhome.org/schools/food-allergies-anaphylaxis-and-epinephrine-education-modules/food-allergy-for-parents-in-school-community-prevention/>

#### **Preparedness:**

<http://www.allergyhome.org/schools/food-allergies-anaphylaxis-and-epinephrine-education-modules/food-allergy-for-parents-in-school-community-preparedness/>

#### **How to Read Food Labels:**

<http://www.allergyhome.org/schools/food-allergies-anaphylaxis-and-epinephrine-education-modules/how-to-read-a-ingredient-label-for-food-allergies/>

#### **Quiz - test your knowledge:**

<http://www.allergyhome.org/schools/test-your-food-allergy-knowledge-common-questions-about-food-allergies/>

#### **What Parents Need to Know:**

<http://www.allergyhome.org/schools/food-allergies-in-school-what-parents-need-to-know/>

#### **Internet Resources for Families:**

<http://www.allergyhome.org/schools/resources-for-families-to-help-manage-food-allergies-in-schools/>