

Richmond County School Nutrition Employee Allergen Awareness

Food allergens present a **serious** health risk to students with food allergies and may even cause **death**. Taking simple but crucial actions can ensure that the students and staff are well-informed and safe. School Nutrition Staff are made aware and receive training on the 9 major food allergens and allergic reaction symptoms that may occur.

Know the Nine Major Food Allergens



Procedures for Preventing an Allergic Reaction

School Nutrition Employee Awareness:	Prevent Cross-Contact of Allergens:
Knowledge that a major food allergen may be present in a SNP recipe.	Wash hands and change gloves before and after handling food allergens.
Familiarize staff with menu items and their specific ingredients.	Clean and sanitize utensils, equipment, and food contact surfaces before and after handling food with allergens.
Customers are made aware that any of the 9 major food allergens may be present unpackaged food items and in any breakfast and/or lunch recipe.	Be aware of cross-contact risks, such as: <ul style="list-style-type: none">• Using the same cooking oil for different foods.• Splatter from food-to-food.• Steam from cooking foods with allergens.

Symptoms of an Allergic Reaction – Take it seriously.

Skin & Face: Hives, flushed skin or rash, face/tongue/lip swelling, tingling or itching in the mouth.	Respiratory: Difficulty breathing, coughing, wheezing, swelling of throat or vocal cords.
Gastrointestinal: Vomiting, diarrhea, abdominal cramps.	Other: Dizziness, lightheadedness, loss of consciousness.

Response to Allergic Reaction

If you observe any of the symptoms: **Call 911 and seek emergency medical attention.** Notify the School Nutrition Manager, the School Nurse and Principal.

- Tell the person experiencing any of these symptoms to stop eating the food immediately.
- If the person has emergency medication, like epinephrine, and needs to use it, **trained staff** may assist the person to administer the medication.