

September, 2014

Dear Principal,

Food allergies have become an increasing public health issue especially within the school environment. The majority of allergies are not life threatening. In fact, less than 2% of Canadians are at risk for an anaphylactic reaction. There are many food allergens and it is impossible to ban all types of foods at school. Rather, it is best to adhere to risk reduction strategies.

If there is a **child in your school** with an **anaphylactic food allergy**, the following precautions are recommended to minimize the risk of an anaphylactic reaction:

- Fish Allergy
 - Restrict fish where a student has a fish allergy as it may cause them to have an airborne allergic reaction.
- Peanut Allergy
 - Restrict all peanut and peanut-containing products where a student has a peanut allergy
 - Products that state “**may contain**” are safe for children **without** the allergy to consume in school.
 - Soy butter can be confused with peanut butter given the similarities in appearance, texture and taste, but at this point there is no evidence to suggest that there is a problem with having this product used in schools.
- Egg Allergy
 - Restrict egg sandwiches and cooked eggs where a student has an egg allergy.
 - Products with egg as an “**ingredient**” (i.e. pancakes, mayo, muffins, cookies, dips, etc.) are safe for children **without** the allergy to consume in school.
- All Allergies
 - Encourage hand washing by **ALL** children before and after eating.
 - Thoroughly clean all surfaces.
 - Restrict sharing/trading of foods, food utensils and food containers.

Anaphylaxis management is a shared responsibility that includes educating families and children with allergies on self-management, ensuring that schools have policies and plans in place to respond to an anaphylactic emergency, and creating anaphylaxis awareness in the broader school community.

If you have any questions or concerns, please contact Anaphylaxis Canada at info@anaphylaxis.ca or your Public Health Nurse.

Sincerely,



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