



Food allergies are a growing public health concern. Schools are considered to be high-risk areas for students, especially pre-school and early-elementary children, with food allergies. The number of students in Clayton's schools that have severe allergies to peanut and tree nuts is on the rise, with many of our students' allergies being potentially life threatening. We are taking this issue very seriously, as the health and safety of our students continue to be top priorities.

While Clayton's new Food Allergy Management policy will not be able to completely prevent allergic reactions and exposure to allergens at school, it is a step to reduce both the likelihood of such reactions occurring and the severity of consequences if they do.

### What is a Life-Threatening Food Allergy?

A food allergy is an immune system response to a food that the body mistakenly believes is harmful. Ingestion of the offending food may trigger the sudden release of chemicals, resulting in symptoms of an allergic reaction.

Eight foods account for 90% of all food-allergy reactions in the country: milk, eggs, peanuts, tree nuts, fish, shellfish, soy and wheat. The Massachusetts Department of Education reported in 2002 that peanut and tree nut allergies account for 92% of severe and fatal reactions.

### What is Anaphylaxis?

One in three people with a peanut or tree nut allergy have the serious medical condition called anaphylaxis. Anaphylaxis is a potentially life-threatening medical condition that occurs when allergic individuals are exposed to their allergen.

According to the Food Allergy & Anaphylaxis Network, food allergies are believed to be the leading cause of anaphylaxis outside of the hospital setting, causing an estimated 150 deaths and 50,000 emergency room visits each year in the United States.

### What Other Steps is the District Taking?

- All staff will be trained annually on common food allergens, recognition of symptoms, importance of allergen avoidance, cross contamination, Epi-pens, emergency response protocols and more.
- Students will receive age-appropriate education regarding food allergies.
- The District will respond to a student's allergy by creating a team to develop an individualized Food Allergy Action Plan. Additional accommodations may be implemented at a school to meet the specific medical needs of a student's health plan.

### What is Restricted?

Clayton's new policy is centered around restricting the presence of peanuts and tree nuts and products containing peanuts and tree nuts. But what are tree nuts? Tree nuts include, but are not limited to:

Almonds	Hazelnuts
Beechnuts	Hickory nuts
Brazil nuts	Lichee nuts
Bush nuts	Macadamia nuts
Butternuts	Nangai nuts
Cashews	Pecans
Chestnuts	Pine nuts
Chinquapin	Pistachios
Coconut	Sheanuts
Filberts	Walnuts
Ginkgo nuts	

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## Peanuts

In grades K-12, the District is not restricting products that may have been produced in a facility where peanuts or tree nuts may have been processed or present.

# What Does the Food Allergy Management Policy Mean for My Family?

## Grades K-2

- Students may not have nuts in their lunches or classrooms. The restrictions apply, but are not limited, to:
  - Lunches
  - Snacks, including snacks for events such as classroom parties, birthdays, etc.
  - Any other items brought into the school by students, parents, patrons, vendors or others
- No nuts will be served in the cafeteria or by the District in other locations, including SummerQuest or other District activities.
- To provide an extra measure of protection, the cafeteria will have a designated nut-restricted table, which will be specially cleaned following each use. Students with known nut or tree nut allergies are required to sit at this table, unless the parents request otherwise.

The policy restricts peanuts and tree nuts and products containing peanuts and tree nuts. The restricted food items are referred to as "nuts" in this text.

## Wydown Middle School

- Students may have nuts in their lunches to be consumed only in the cafeteria during lunchtime.
- Students may not have nuts in their classrooms or in any other part of the school outside of the cafeteria. The restrictions apply, but are not limited, to:
  - Snacks, including snacks for events such as classroom parties, birthdays, etc.
  - Any other items brought into the school by students, parents, patrons, vendors or others
- No nuts will be served in the cafeteria or by the District in other locations, including Sixth Grade Camp or other District activities.
- To provide an extra measure of protection, the cafeteria will have a designated nut-restricted table, which will be specially cleaned following each use. Students with known nut or tree nut allergies are required to sit at this table, unless the parents request otherwise.

## Grades 3-5

- Students may have nuts in their lunches to be consumed only in the cafeteria during lunchtime. Lunches for students with nut allergies will be stored in an area separate from the other students' lunches.
- Students may not have nuts in their classrooms or in any other part of the school outside of the cafeteria. The restrictions apply, but are not limited, to:
  - Snacks, including snacks for events such as classroom parties, birthdays, etc.
  - Any other items brought into the school by students, parents, patrons, vendors or others
- No nuts will be served in the cafeteria or by the District in other locations, including SummerQuest or other District activities.
- To provide an extra measure of protection, the cafeteria will have a designated nut-restricted table, which will be specially cleaned following each use. Students with known nut or tree nut allergies are required to sit at this table, unless the parents request otherwise.

## Clayton High School

- Students may have nuts in their lunches to be consumed only in the cafeteria.
- Students may not have nuts in their classrooms or in any other part of the school outside of the cafeteria. The restrictions apply, but are not limited, to:
  - Snacks and other items brought into the school by students, parents, patrons, vendors or others
- No nuts will be served in the cafeteria or by the District in other locations – with the exception of specific vending machines and a la carte items that conform to the following requirements: A la carte and vending machine items that do contain nuts may be sold if they are individually packaged with the ingredients clearly marked and displayed with signage warning that some of the items contain potential food allergens and that cross contamination may occur.
- Students with known nut or tree nut allergies are not required to sit at a nut-restricted table, unless the student's parents and physician request otherwise.