

Selah Schools Food Allergy Team

Our goal is to ensure that students are safe from food allergy reactions at school. This requires a team approach involving a partnership between parents and people who have contact with your child at school such as: teachers, food service staff, principals, bus drivers, nurses and counselors. As a team we can help prevent a food allergy reaction or respond to an emergency quickly if this should occur.



If a Reaction Occurs...

Strictly avoiding an allergy-causing food is the only way to avoid a food allergy reaction. However, if a child is exposed to an allergy-causing food, epinephrine (also called adrenaline) is the medicine of choice in controlling a reaction. It is available by prescription as an EpiPen auto injector. It is critical that students with known food allergies have an EpiPen with them at school in case of an accidental exposure. Using an EpiPen in an allergic reaction situation does not replace emergency medical care but merely provides time for emergency services to arrive and provide emergency treatment.



More Information...

For more information regarding food allergies, please contact the Food Allergy and Anaphylaxis Network (FAAN)

By Phone:
1-800-929-4040

By Mail:
FAAN
10400 Eaton Place, Suite 107
Fairfax, VA 22030-2208

By Email:
faan@foodallergy.org

World Wide Web:
<http://www.foodallergy.org>



Please contact the Selah School District with any questions or concerns you might have regarding food allergy.

Selah School District
Food Services
1401 W. Fremont
Selah, WA 98942
509-698-0409

Selah School District Food Services...



...A Guide to Food Allergies in School

Selah School District
105 W. Bartlett Avenue
Selah, WA 98942

What is a Food Allergy?

A food allergy is an immune system response to a food the body believes is harmful. Once the immune system decides that a particular food is harmful, it creates specific antibodies to it. The next time the food is eaten, the immune system releases large amounts of chemicals which protects the body. These chemicals trigger a cascade of allergic symptoms that can affect several different body systems such as:



- ✓ **MOUTH:** itching and swelling of lips, tongue, or mouth
- ✓ **THROAT:** itching, sense of tightness, coughing
- ✓ **SKIN:** hives, itching, rash, or swelling of face or limbs
- ✓ **ABDOMEN:** nausea, cramping, vomiting, or diarrhea
- ✓ **LUNGS:** shortness of breath, coughing or wheezing
- ✓ **HEART:** rapid pulse, passing out



Common Food Allergies

Although any food could cause an allergy, the most common involve the following foods which account for 90% of all allergy reactions:

- Peanuts
- Tree Nuts (almonds, walnuts, pecans)
- Milk
- Egg
- Fish or Seafood
- Soy
- Wheat



Most children out-grow their food allergies. However, an allergy to peanuts, tree nuts and seafood is most often life-long.

Identifying Children with Food Allergies

The first step in protecting your child from a food allergy reaction at school is communication. It is essential that you provide information to us regarding your child's food allergies. A District Health Form should be completed at the beginning of the school year or when your child enters school.

Student food allergy information is then shared with the District Nurse, Selah Food Service Supervisors, and other significant individuals.

If your child is diagnosed with a food allergy during the school year, it is important for you to share this information with the District Nurse or your child's teacher, principal, or school food service staff.

