



Accommodating Special Dietary Needs



Celiac Disease:

Ingesting small amounts of gluten, like crumbs from a cutting board or toaster, can trigger small intestine damage.

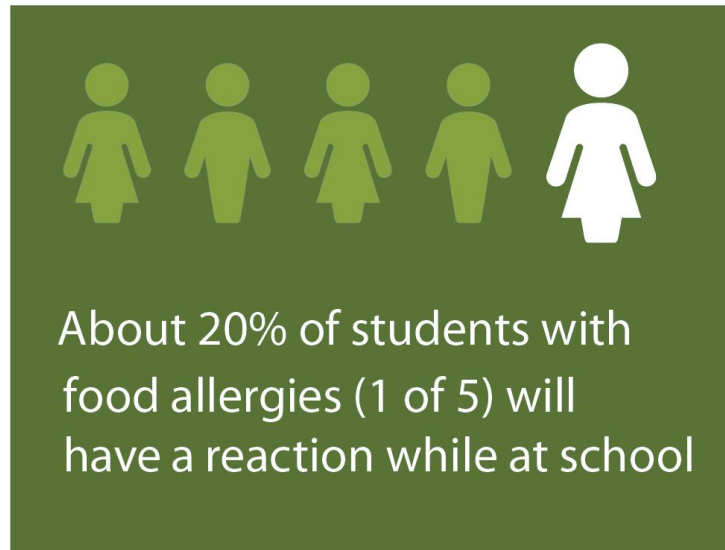


Childhood Diabetes:

About 193,000 Americans under age 20 are estimated to have diagnosed diabetes, approximately 24% of that population.



- 4% of students are affected by food allergies, and the incidence is increasing.



- 25% of severe food allergy reactions at school happen to students with no previous known food allergy.



Legislation

- Americans with Disabilities Act (ADA)
 - ADA Amendment (ADAA)
- Individuals with Disabilities Education Act (IDEA)
- USDA Nondiscrimination Regulation (7CFR 15(B))
- Section 504 of Rehabilitation Act of 1973



ADAA Definition of Disability

A condition in which a person has a physical or mental impairment that substantially limits one or more major life activities; has a record of such an impairment; or is regarded as having such an impairment.



Major Life Activities- In General (ADAA 2008)

These are broadly defined and include, but are not limited to, caring for oneself, performing manual tasks, seeing, hearing, eating, sleeping, walking, standing, lifting, bending, speaking, breathing, learning, reading, concentrating, thinking, communicating, and working.



Major Bodily Functions (ADAA 2008)

“Major life activities” also include the operation of a major bodily function, including but not limited to, functions of the immune system, normal cell growth, digestive, bowel, bladder, neurological, brain, respiratory, circulatory, endocrine, and reproductive functions



FDA Food Safety Modernization Act (2011)

Shifting focus from response to prevention:

- Parent providing documentation prior to the start of every school year
- Create and maintain an individual plan for food allergy management, with the parent, with a documented risk for anaphylaxis
- Communication strategies between individual schools and providers of emergency medical services
- Strategies to reduce the risk of exposure to allergens in classrooms and common school areas such as cafeterias



Now what?



Children Without Disabilities

USDA regulations (7 CFR 210.10(m) and 7 CFR 220.88(m))

Allow but do not require, meal modifications for children whose special dietary needs do not constitute a disability including:

- Religious or moral convictions
- General health concerns
- Personal preferences



Modification Within Meal Pattern

- Additional processing of food
 - Puree
 - Whole fruit and vegetable cut/sliced/diced
- Fresh fruit or vegetable cooked
- Substitutions
 - Texture
 - Preference



Modification Within Meal Pattern

- No physician signed medical statements required
- SFA may request a medical statement for documentation
- Do not delay implementation of meal accommodations
- Accept input from parent/guardian or appropriate individuals
- Offer variety when possible
 - Cycle menu
 - Same meal



Modification Within Meal Pattern

Carbohydrate Counts for Diabetic Child:

- SFA needs to provide carbohydrate counts to parent/guardian of a diabetic student for each food item served in one daily reimbursable meal choice
- May work with household to identify food items the diabetic student typically eat and provide carbohydrate information specific to those food items



SAMPLE

<Insert District Name>
MODIFIED MEAL REQUEST NOT DUE TO A DISABILITY

Please return completed and signed form to _____.

TO BE COMPLETED BY PARENT OR GUARDIAN

Name of Student (Last, First): _____ Grade: _____
 School: _____
 Parent/Guardian Email: _____ Daytime Phone: _____
 Based on information listed below my child will require a menu modification at the following: Breakfast Lunch After-school Snack

Understand School Food Authority is not required to provide requests based on preference for food substitutions or meal accommodations, made by a parent/guardian or any health professional not licensed in Illinois to prescribe medication.

Parent/Guardian Name PRINTED _____ Parent/Guardian SIGNATURE _____ Date _____

MAY BE COMPLETED BY PARENT/GUARDIAN OR HEALTH PROFESSIONAL

List all foods to be omitted from a student's meal, based upon preference, NOT for medical reasons:

Requested substitutions

REQUIRED List all requested food and/or beverage substitutions:

Comments: _____

Requestor Name Printed _____ Requestor Signature _____

FOR SCHOOL FOOD SERVICE STAFF NOTES



<Insert District Name>

MODIFIED MEAL REQUEST BY PARENT/GUARDIAN

Please return completed and signed form to <INSERT STAFF NAME, EMAIL, DROP OFF LOCATION>

TO BE COMPLETED BY PARENT OR GUARDIAN

Name of Student (Last, First): _____ Grade: _____

School: _____

Parent/Guardian Email: _____ Daytime Phone: _____

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 Supper Other _____

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Parent/Guardian Name PRINTED

Parent/Guardian SIGNATURE

Date



<Insert District Name>

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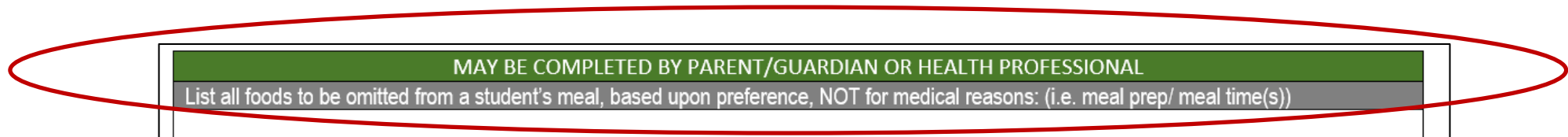
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Parent/Guardian SIGNATURE _____

Date _____



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Requested substitutions		
REQUIRED List all requested <u>food and/or beverage substitutes</u> :		
Comments:		
Requestor Name Printed	Date	Requestor Signature

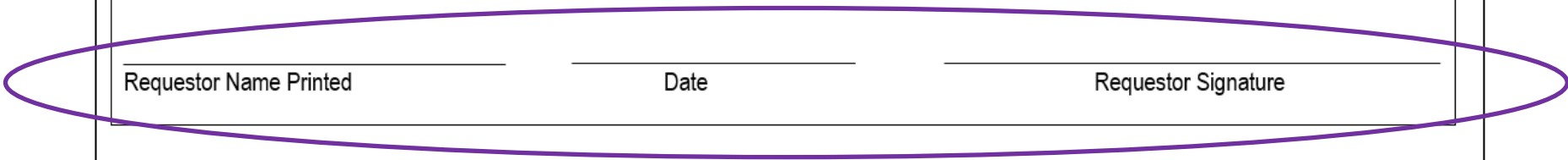
TO BE COMPLETED BY FOOD SERVICE STAFF	
Date received:	
Date implemented:	



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Modification Outside Meal Pattern

- Omits one or more requirement meal pattern components
- Requires adjustment in portion size; could be more or less
- Requires change in dietary specification
 - Reduced calories
 - Increased calories
 - Reduced sodium
 - Reduced saturated fats
 - Increased saturated fats



Food Allergy: Non-Life-Threatening

- Hypersensitivity from an abnormal response of the body's immune system to food, that the body would otherwise consider harmless
- Does not have to be life-threatening or cause anaphylaxis
- Non-life-threatening food allergy may be considered a disability and require meal modification



Food Intolerance:

- Adverse food-induced reaction that does not involve the body's immune system
- May be considered a disability if it substantially limits digestion
 - Lactose intolerance
 - Gluten intolerance, Gluten sensitivity
- No physician signed medical statements required when accommodations are made within the meal pattern
- May request a medical statement for documentation
- Do not delay implementation of meal accommodations
- Accept input from parent/guardian or appropriate individuals



Food Allergy: Life-Threatening

Know the Eight Food Groups Which Cause Most Serious Food Allergy Reactions

Most food allergies are caused by these eight food groups.⁶
Any food can cause an allergic reaction, however.



MILK



EGGS



FISH



SHELLFISH



WHEAT



SOY



PEANUTS



TREE NUTS



Milk Substitution: Without Physician’s Statement

- Lactose-free milk may be served in place of regular milk without any documentation *unless* a physician’s statement directs otherwise
- SFA may provide a milk substitute in place of cow’s milk if it meets specific nutrient standards

<u>Milk Substitute Nutrition Standards Nutrient Per Cup (8 Fl. Oz.)</u>	
Calcium – 276 mg	Phosphorus – 222 mg
Protein – 8 g	Potassium – 349 mg
Vitamin A – 500 IU	Riboflavin - .44 mg
Vitamin D – 100 IU	Vitamin B12 -1.1 mcg
Magnesium – 24 mg	



Milk Substitution: With Physician's Statement

- Juice- weekly juice restrictions do not apply
- Water- tap, bottled or cup provided
- Milk substitute not nutritionally equivalent to cow's milk
 - Soy
 - Rice
 - Almond, Cashew
 - Oat
 - Coconut



Meal Modification Documentation

- Identify food to be omitted from a student's diet
- Provide information for food service staff to identify a reaction
- List foods safe to serve as substitutes
- Signature of physician or medical authority licensed by the State of Illinois to prescribe medication

*Recommended: share with the school nurse, classroom teacher(s), transportation and all other areas responsible for the student.



Meal Modification Documentation

- SFAs may choose to collect meal modification documents annually or
- SFAs may choose to maintain submitted documents on file and continue to follow modification until notified to discontinue
- A best practice is to collect a written request from the parent/guardian prior to discontinuing approved meal modifications



Meal Modification Documentation

For example, a school's policy could request an updated medical statement whenever a child:

- has a physical;
- transitions to a different school;
- requires a new meal modification; or
- requires a change to an existing meal modification.



ISBE- Sample Modified Meal Request Form

<Insert District Name>

MODIFIED MEAL REQUEST
Please return completed and signed form to _____

TO BE COMPLETED BY PARENT OR GUARDIAN

Name of Student (Last, First): _____ Grade: _____
 School: _____
 Parent/Guardian Email: _____ Daytime Phone: _____

Based on information listed below my child will require a menu modification at the following: Breakfast Lunch Afterschool Snack

I understand it is my responsibility to renew this form each school year and/ or any time my child's medical or health needs change.

Parent/Guardian Name PRINTED _____ Parent/Guardian SIGNATURE _____ Date _____

TO BE COMPLETED BY MEDICAL AUTHORITY (Licensed by State of Illinois to prescribe medication)
 The Dietary Needs below are related to (ex: Celiac Disease, Lactose Intolerance, Diabetes, Anaphylactic Food Allergy)
 Food To BE OMITTED from diet* (check appropriate boxes below)

- Dairy** – Fluid milk, cheese, yogurt, and other dairy ingredients such as casein and whey.
- Fluid Milk** – Milk to drink
- Peanuts** – Peanuts, Peanut Butter, Peanut oil.
- Tree Nuts** – Almonds, hazelnuts, and cashews.
- Wheat** – Wheat-based grains such as buns, crackers, pasta, and wheat as an ingredient.
- Gluten** – Wheat, rye, barley, and non-certified oats.
- Fish** – Fin-fish such as cod and tilapia
- Shellfish** – Shrimp and crab
- Egg** – Visible egg in a dish such as an omelet
- Egg Ingredients** – Egg white, egg yolk or whole egg as an ingredient
- Soybean** – Textured Soy Protein, Textured Vegetable Protein, tofu, and whole soybeans (edamame).
- Soybean Ingredients** – Soy protein concentrate, soy protein isolate, soy sauce, soy flour, and unrefined soy bean oil
- Other** – _____

**Examples of individual food allergens provided are not all-inclusive, other foods may apply.*

Food Management Plan
 What are the student's possible reactions to the indicated allergen(s) or conditions?

REQUIRED List all acceptable and safe food or beverage substitutes:

Comments: _____

Prescribing Physician/Medical Authority Name Printed _____ Prescribing Physician/Medical Authority Signature _____

NOTES : TO BE COMPLETED BY FOOD SERVICE

This institution is an equal opportunity employer *May 2019*



ISBE- Sample Modified Meal Request Form

<insert District Name>

MEDICAL AUTHORITY MODIFIED MEAL REQUEST FORM

Please return completed and signed form to <INSERT STAFF NAME, EMAIL, DROP OFF LOCATION> |

TO BE COMPLETED BY PARENT OR GUARDIAN

Name of Student (Last, First): _____ Grade: _____

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Parent/Guardian Name PRINTED

Parent/Guardian SIGNATURE

Date



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The Dietary Restrictions are related to (ex: Celiac Disease, Lactose Intolerance, Diabetes, Anaphylactic Food Allergy)

Food To BE OMITTED from diet* (check appropriate boxes below)

- Dairy** – Fluid milk, cheese, yogurt, and other dairy ingredients such as casein and whey.
- Fluid Milk** – Milk to drink
- Peanuts** – Peanuts, Peanut Butter, Peanut oil.
- Tree Nuts** – Almonds, hazelnuts, and cashews.
- Wheat** – Wheat-based grains such as buns, crackers, pasta, and wheat as an ingredient.
- Gluten** – Wheat, rye, barley, and non-certified oats.
- Fish** – Fin-fish such as cod and tilapia
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- Egg** – Visible egg in a dish such as an omelet
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**Examples of individual food allergens provided are not all-inclusive, other foods may apply.*

Adjustment to meal preparation (i.e. food puree) and /or serving time(s):



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ISBE- Sample Modified Meal Request Form

Food Management Plan

What are the student's possible reactions/symptoms to the indicated allergen(s) or conditions?

REQUIRED List all acceptable and safe food or beverage substitutes.

Comments:

Prescribing Physician/Medical Authority Name Printed

Date

Prescribing Physician/Medical Authority Signature

FOR FOOD SERVICE NOTES (Other information, please see back)

Date Received:

By: (employee signature)

Date Implemented:

By: (employee signature)

Other information:



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Other information:



Offer vs Serve

For students with a disability:

- Cannot use OVS to accommodate meal modifications for children with disabilities

For students without a disability:

- May be used to select foods a student prefers
- Student must still select the required number of components including a fruit or vegetable



Meals Costs

- SFAs cannot charge more for modified meals
- SFAs claim modified meals at the same reimbursement rate
- USDA considers any additional costs for modified meals to be allowable food service program costs



Safe Practices

- **Cross-contact** is when an allergen is unintentionally transferred from one food to another
- Proper cooking does not reduce or eliminate the chances of a food allergy reaction in the case of cross-contact
- Use terms such as “Peanut Aware” not “Peanut Free”
- Develop procedural safeguards process and food allergy management plan



Safe Practices

- Check and maintain product labels
 - Contains allergen
 - May contain allergen
 - Produced on a line where allergen is present
- Re-check labels if the provider or products change
- Watch for allergen alerts and product recalls
- Provide a safe place for students with food allergies to eat
 - Do not deny access to meal program



Additional Resources/Training Materials





Center for Disease Control (CDC)

Voluntary Guidelines for Managing Food Allergies In Schools and Early Care and Education Programs



- 104 Page Guide from CDC
- FDA Food Safety Modernization Act (2011)
- Food Allergy Management in Schools
- Action for School Boards/District Staff
- Actions for School Administration and Staff
- Action for Early Care and Education Staff

https://www.cdc.gov/healthyschools/foodallergies/pdf/13_243135_A_Food_Allergy_Web_508.pdf



F.A.R.E.- Food Allergy Research & Education

Prevent Cross-Contact

Keep diners with food allergies safe. Even a tiny amount of an allergen can cause a severe and potentially life-threatening allergic reaction.

Cross-Contact	Cross-Contamination
Occurs when an allergen is unintentionally transferred from one food to another	Occurs when microorganisms like bacteria contaminate food
Can cause food allergy reactions	Can cause foodborne illnesses
Proper cooking does NOT reduce or eliminate the chances of a food allergy reaction	Proper cooking may reduce or eliminate the chances of foodborne illness

- Always wash hands and change gloves between preparing different menu items
- Clean and sanitize surfaces between every menu item: countertops, cutting boards, flat-top grills, etc.
- Always use clean kitchen tools for food preparation: pots, baking sheets, utensils, cutting boards, etc.
- Prepare meals on top of barriers like cutting boards, foil, deli paper, etc.
- Remember:** If a mistake is made, you must start over and remake the allergy-friendly meal

Proper Cleaning to Remove Allergens



Top 8 Allergens
But over 170 foods have caused food allergy reactions

<https://www.foodallergy.org/>

Sources of Cross-Contact

Cross-contact occurs when an allergen is unintentionally transferred from one food to another. Even a tiny amount of an allergen can cause a severe and potentially life-threatening reaction.

Source of Cross-Contact	Example:
Hands	<ul style="list-style-type: none"> Handling shrimp and then preparing a salad Touching almonds and then making pasta
Utensils, cutting boards, baking sheets, pots & pans	<ul style="list-style-type: none"> Using the same spatula to flip a hamburger after a cheeseburger Slicing cheese and then vegetables on the same cutting board
Preparation and cooking surfaces	<ul style="list-style-type: none"> Preparing different kinds of sandwiches on the same countertop Cooking fish and chicken on the same flat top grill
Steam, splatter, flour dust and crumbs	<ul style="list-style-type: none"> Steam from cooking fish or shellfish touches nearby foods Baking flour from pancake mix splatters onto bacon
Refrigerators, freezers and storage areas	<ul style="list-style-type: none"> Ranch dressing drips onto a vinaigrette stored on a lower shelf Milk leaks onto margarine stored on the same shelf
Deep fryers and cooking oils	<ul style="list-style-type: none"> Making french fries in a deep fryer after chicken tenders Reusing cooking oil to sauté green beans after sautéing fish
Condiments, nut butters and jellyjams	<ul style="list-style-type: none"> Dipping a knife used to spread peanut butter into a jelly jar Touching the tip of a squeeze ketchup bottle to a breaded chicken breast
Shortcuts	<ul style="list-style-type: none"> Picking croutons off a salad Scraping eggs off a plate

Proper Cleaning to Remove Allergens



For each new item, use clean:

Hands
Latex-Free Gloves

Utensils
Surfaces

Oil and Water
Pots/Pans/Baking Sheets



Top 8 Allergens
But over 170 foods have caused food allergy reactions



Resource Guide (CDC)

Managing Food Allergies in Schools
Select Resources

Federal Resources

Centers for Disease Control and Prevention (CDC)
CDC Food Allergy Tool Kit for Schools
The CDC's food allergy information page provides links to the *Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs* and to the resource tool kit for schools, which includes tip sheets for specific school audiences, including school superintendents, administrators, teachers and paraeducators, school nutrition professionals, school transportation staff and school mental health professionals. In addition, presentations for use in training school staff about food allergy management are available.
<http://www.cdc.gov/healthyyouth/foodallergies>

Food and Drug Administration (FDA), U.S. Department of Health and Human Services
Food Allergies: Reducing the Risks
This resource provides consumers with general information about food allergies, including a printer-friendly informational flyer and a short video.
<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm089307.htm>

Food Allergies: What You Need to Know
These resources are designed to improve understanding of food allergies and labeling of food products, and includes food allergy updates for consumers.
<http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm079311.htm>

continued on next page

National Center for Chronic Disease Prevention and Health Promotion
Division of Population Health

020307.A

- 4 Page Guide from CDC
- Federal Resources
- National Nongovernmental Resources

https://www.cdc.gov/healthyschools/foodallergies/pdf/resources_508_tagged.pdf



School Nutrition Professionals- Training Materials

The cover of the presentation features a green and blue geometric background. At the top left is a yellow apple icon on a book. The title 'Managing Food Allergies in Schools' is in white, with the subtitle 'The Role of School Nutrition Professionals' below it. A central photograph shows two women in a kitchen setting with trays of food. Below the photo is the text 'Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs'. At the bottom, there is a green bar with the text 'National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health' and the CDC logo.

- Presentation for School Nutrition Staff
- 17 slides with notes

https://www.cdc.gov/healthyschools/foodallergies/pdf/Nutrition_Professionals_FINAL.pptx



Handbook for Managing Special Dietary Needs in School Food Service



Special Thanks to the Indiana Department of Education, School and Community Nutrition Updated June 2009

<https://www.isbe.net/Pages/School-Nutrition-Special-Dietary.aspx>



Resource Links

- Allergyhome. org resources for schools. Available at <http://www.allergyhome.org/schools/>.
- Food Allergy Resource and Education (FARE). Available at <http://www.foodallergy.org/resources/schools> .
- National Association of School Nurse (NASN), Food Allergy and Anaphylaxis Tool Kit. Available at <https://www.nasn.org/nasn/nasn-resources/practice-topics/allergies-anaphylaxis>
- CDC Food Allergies in Schools Toolkit. Available at <https://www.cdc.gov/healthyschools/foodallergies/toolkit.htm>
- USDA “The Food Allergy Book” Available at <https://www.fns.usda.gov/food-allergy-book-what-school-employees-need-know>



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