

# Reducing the risk of anaphylaxis

## Information for the tuckshop

Food Smart Schools • another naq nutrition program

For more information visit [www.foodsmartschools.org](http://www.foodsmartschools.org) or email [info@foodsmartschools.org](mailto:info@foodsmartschools.org)

*Tuckshops have the potential to be high risk areas for students with food allergies. Schools have a duty of care to minimise the risk of food triggered anaphylaxis amongst their students. This fact sheet presents some helpful tips on how to reduce the risk of anaphylaxis from food and drinks sold in your tuckshop.*

### Checklist for the tuckshop

- Be informed** about the students who are at risk of anaphylaxis.
- Make sure you **have all the necessary written parental consent forms** which outline the food and drinks students at risk of anaphylaxis can/cannot purchase.
- Ensure that a copy of each **at risk student's action plan is clearly displayed** in the tuckshop. If this is not possible, display a general action plan for anaphylaxis poster for tuckshop reference.
- Make yourself available to parents** of children with allergies and allow them to visit the tuckshop and look at food labels.
- Inform parents** with children at risk of anaphylaxis when ingredients or products change.
- Put strategies in place to **ensure students at risk of anaphylaxis get the right food and drinks they have ordered.**
- Put strategies in place to **prevent allergen contamination.**
- Provide training and instruction** to all volunteers about preparing allergen free foods.

*Anaphylaxis is a severe and sudden allergic reaction. It occurs when a person is exposed to an allergen to which they are sensitive.*

*Common allergens or trigger substances that may cause anaphylaxis in school-aged children are: peanuts, tree nuts, fish, shellfish, eggs and cow's milk. Other potential allergens may include soy, sesame, wheat, seeds and coconut. The Australasian Society of Clinical Immunology and Allergy has details of a wide range of allergens within their Anaphylaxis Resources for patients and consumers at <http://www.alleray.org.au/patients>*



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### General allergen management strategies for your tuckshop

- Be familiar with the Queensland Department of Education, Training and Employment's (DETE) *Anaphylaxis Guidelines for Queensland State Schools*.
- Be aware that students at risk of anaphylaxis should not be given any food or drinks without parental consent.
- Prevent allergen contamination during handling, preparation and service of food by using clean work spaces, utensils and equipment.
- Make sure all allergen free meals are clearly labelled to avoid confusion and cross-contamination.
- Do not substitute any ingredients in menu items you are selling to students at risk of anaphylaxis (for example, using a different brand of the same ingredient).
- If a student at risk of anaphylaxis has ordered a meal item that is not available, they should only be given another item if there is written parental consent for that item.
- Ensure that there is careful supervision if providing taste tests to students.
- Be supportive of parents that wish to provide 'special foods' to the tuckshop which they know are suitable for their child. This is so their child can have the same tuckshop 'experience' as other children.
- Invite parents into the tuckshop to look at product labels and discuss allergen management strategies.
- Ask food manufactures to inform you when ingredients change, but do not become complacent - you also need to check yourself.
- **Discuss any questions or concerns with your school principal.**

For further information and support please access the Qld Department of Education, Training and Employment's *Anaphylaxis Guidelines for Queensland State Schools* - <http://education.qld.gov.au/schools/healthy/anaphylaxis.html>.

For more information see the Food Smart Schools fact sheet *Catering for Students with Allergies and Intolerances in Schools*.