

# BACK TO SCHOOL



## School Information Check List

- + Meet with your child's teacher, school nurse, cafeteria manager and other staff (e.g., coach, band director).
- + Be clear on the school's guidelines for managing students with food allergy.
- + Discuss your child's needs throughout the school day in different areas, including the classroom, cafeteria, playground and school bus.
- + Ask if cafeteria staff have been trained on safe food preparation for food allergy.
- + Share your child's emergency care plan with everyone who comes in contact with him or her.
- + Deliver your child's emergency care plan and medication(s) on or before the first day of school.
- + Work with the school to develop a Section 504 Plan, or other written food allergy management plan.
- + Know who is trained to give your child's medication in the event of an emergency.
- + Determine if guidelines like "no food sharing" or handwashing after eating or handling food can be implemented in the classroom.
- + Discover where food will be kept, where your child will eat, and who will oversee meals or snacks.
- + Ask to be given advance notice about field trips and other events.
- + Remind your child to avoid eating any food whose ingredients are unknown, such as home-baked goods.
- + Check-in with your child's teacher(s) to see how things are going.
- + Always be on the lookout for signs that your child might be experiencing bullying or teasing because of his or her food allergy.
- + Share resources, such as those found on FARE's Back to School webpage, with your child's school.

Learn more at [FoodAllergy.org](https://www.foodallergy.org)

