



## Food Safety Policy

Food allergies are a growing health concern in our community. In recent years we have experienced a significant increase in the number of boys with life-threatening food allergies, in particular to peanut and tree nuts. In order to provide a safe learning environment, we are encouraging a Safe Food Program on our campus. The success of this program relies on the daily efforts of everyone who learns, works, plays, and visits our campus. By following a few simple guidelines we can make Haverford a safe school for all students.

### First a Few Facts about Nut Allergies:

- Peanut and Tree nut allergies affect 1 in 125 children, nationally. At Haverford, nearly 50 boys are allergic to nuts.
- There is no cure for nut allergies. Strict avoidance is the only measure of prevention.
- Nut allergies are not outgrown.
- Nuts are responsible for the majority of fatal food allergic reactions among the school age population.

### What is the Allergic Reaction?

Anaphylaxis is a life- threatening allergic reaction. Symptoms can vary, but may include:

- Itching, hives, flushing of the skin
- Swelling of the lips or tongue
- Tightness or hoarseness of the throat
- Cough, wheeze, shortness of breath
- Abdominal cramps, vomiting, diarrhea
- Drop in blood pressure, loss of consciousness, death

### What is the Treatment of Anaphylaxis?

- Swift and immediate action including the injection of epinephrine, most often supplied as an **EpiPen**.

### How Parents Can Help Create a Food Safe Campus:

- Do not send food containing nuts, (or contaminated with nuts) to school with your son's lunch or snacks. Check food labels for peanut or nut contents. (See instructions below).
- Do not send candy to school for snack or lunch. Candies most often contain, or may contain, nuts.
- Do not send food or candy to school to share with classmates – this is especially important around Christmas, Hanukah, Valentine's, birthdays, etc.
- Do not send food to school for any campus event, party, or project. The Haverford School Dining Services will provide food for all campus events.



### How to Read a Label for Peanut or Tree Nut Contents:

By law, manufacturers must clearly label food products containing peanuts, tree nuts, and the six other most common food allergens. Below is an example of a food label, (for a popular granola bar), which shows the item **is not** safe for school:

**Ingredients: Whole Grain Oats, Sugar, Canola Oil, Yellow Corn Flour, Honey, Soy Flour, Brown Sugar Syrup, Salt, Soy Lecithin, Baking Soda, Natural Flavor.**

**CONTAINS SOY; MAY CONTAIN PEANUT, ALMOND AND PECAN INGREDIENTS.**

Below is an example of a food label (for a popular fruit and cereal bar) which shows the item **is safe** for school:

FRUCTOSE CORN SYRUP, SUGAR, HONEY, CALCIUM CARBONATE, DEXTROSE, SOLUBLE CORN FIBER, NONFAT DRY MILK, WHEAT BRAN, SALT, CELLULOSE, POTASSIUM BICARBONATE (LEAVENING), NATURAL AND ARTIFICIAL FLAVOR, CINNAMON, MONO- AND DIGLYCERIDES, PROPYLENE GLYCOL ESTERS OF FATTY ACIDS, SOY LECITHIN, WHEAT GLUTEN, NIACINAMIDE, SODIUM STEAROYL LACTYLATE, VITAMIN A PALMITATE, CARRAGEENAN, ZINC OXIDE, REDUCED IRON, GUAR GUM, PYRIDOXINE HYDROCHLORIDE (VITAMIN B<sub>6</sub>), THIAMIN HYDROCHLORIDE (VITAMIN B<sub>1</sub>), RIBOFLAVIN (VITAMIN B<sub>2</sub>), FOLIC ACID. FILLING: HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, APPLE PUREE CONCENTRATE, GLYCERIN, SUGAR, WATER, SODIUM ALGINATE, MODIFIED CORN STARCH, MALIC ACID, METHYLCELLULOSE, CALCIUM PHOSPHATE, CINNAMON, CITRIC ACID, CARAMEL COLOR.

**CONTAINS WHEAT, MILK AND SOY INGREDIENTS.**

Please refer to the School Health Services web page at [www.haverford.org](http://www.haverford.org) for more information about food safety at The Haverford School.