

# **Big Fish Academy**

## **Allergy Action Plan/Policy**

Big Fish Academy recognizes the potentially serious consequences of children with allergies and is concerned with the health and safety of all who attend our program. In response to the increasing rates of allergies among children, we have implemented the following plan in an effort to eliminate exposure to any harmful allergens.

### **Allergy Action Plan:**

Each child with a severe food allergy is required to have an allergy action plan prepared by the child's primary health care provider. This plan should include a written list of the food(s) to which the child is allergic and instructions for steps that need to be taken to avoid that food. Also, a detailed treatment plan to be implemented in the event of an allergic reaction, including the names, doses, and methods of administration of any medications that the child should receive in the event of a reaction. The plan should include specific symptoms that would indicate the need to administer one or more medications.

### **Staff Training:**

Based on the child's care plan, the child's caregivers/teachers will receive training, demonstrate competence in, and implement measures for preventing exposure to the specific food(s) to which the child is allergic

### **Medications:**

Parents/guardians and staff will arrange for the facility to have the necessary medications, proper storage of such medications, and the equipment and training to manage the child's food allergy while the child is at Big Fish Academy.

Caregivers/teachers will promptly and properly administer prescribed medications in the event of an allergic reaction according to the instructions in the allergy action plan. Big Fish Academy will contact 911 immediately if the child has any serious allergic reaction and/or whenever epinephrine (eg, EpiPen, EpiPen Jr) has been administered, even if the child appears to have recovered from the allergic reaction.

### **Classroom Foods:**

Parents/guardians of all children in the child's class should be advised to avoid any known allergens in daily lunches, snacks, class treats, or special foods brought into Big Fish Academy. Individual child's food allergies will be posted prominently in the classroom where staff can view them and wherever food is served. Food sharing between children is not allowed. Exposure may also occur through contact between children or by contact with contaminated surfaces. Such contact will be minimized by each child washing their hands before and after meals and all surfaces are cleaned that were in contact with food. Depending on the severity of the allergy, a classroom can be marked as a no allergy zone. Treats for classroom parties must be store bought and individually packaged. If there is a known allergy in the classroom, the treat must also have the ingredients listed on the package.

### **How parents can help:**

Check the labels of all lunch and snacks before you bring them in. Check ingredients and look for warning or safety notices (usually near the ingredients) such as "Contains nuts" or "Processed in a facility that processes nuts." If your child has allergies, complete the allergy section on the registration form and communicate with the school nurse or leadership and the child's teacher.

Food allergies are a serious issue and we appreciate your cooperation in ensuring the safety of all the students at Big Fish Academy. If you have concerns or questions, please contact our school nurse or leadership team.

## Nut Free Food Options: (we have a huge list of more options upon request)

- Sunbutter Sunflower Seed Spread
- Don't Go Nuts Soy Butter
- Wowbutter
- Cheetos
- Skinny Pop Popcorn
- Crackers (Wheat Thins, plain Triscuits, Goldfish)
- Pretzels (Newman's Own, Rold Gold, Pepperidge Farm Pretzel Goldfish)
- Rice cakes
- Goldfish/Cheddar bunnies
- Wise Snacks Potato Chips, Popcorn, Cheez Doodles
- Potato chips (popchips, Baked Lay's, Cape Cod, Pringles, Ruffles, Kettle Brand)
- Pirate's Booty
- Graham cracker
- Teddy grahams
- Nilla wafers
- Fruit leather (homemade or store bought)
- Fruit snacks
- Fruit-flavored candy (Skittles, Starburst, Lifesavers, Jolly Ranchers, Dum Dum Pops)
- Oreos
- Fig Newtons
- Fresh fruits (apples, oranges, banana, grapes, watermelon, cantaloupe, pear, kiwi, blueberries, etc.)
- Fresh vegetables (carrots, celery, broccoli florets, bell pepper strips, cherry tomatoes)
- Applesauce cup or pouch
- Canned fruits and vegetables (look for "in it's own juice" or "in water")
- Mandarin orange fruit cup
- Raisins
- Dried Fruit

## Peanut Allergy

What You Can Eat	What You Must Avoid
Coconut butter	Beer nuts
Coconut milk	Mixed nuts
Coconut oil	Peanut butter
Nut butters	Peanut flour
Nut extracts	Peanut oil
Nut milks	Peanuts
Nut oils	
Sunflower butter	
Sunflower oil	
Tree nuts	

## Tree Nut Allergy

What You Can Eat	What You Must Avoid
Peanuts	Almond paste
Peanut butter	Almonds
Peanut oil	Beechnuts
Peanut products	Brazil nuts
Coconut oil	Butternuts
Coconut butter	Cashews
Sunflower butter	Chestnuts
Sunflower oil	Hazelnuts
	Ginkgo nut
	Hickory nut
	Macadamia nut
	Marzipan
	Nut extract
	Nut butters
	Nut milks
	Nut oils
	Pecans
	Pesto
	Pine nuts
	Pistachios
	Pralines
	Shea nuts
	Walnuts

## Milk Allergy

What You Can Eat	What You Must Avoid
Almond milk	Butter
Cashew milk	Buttermilk
Coconut milk	Cheese
Coconut butter	Cream
Margarine	Custard
Mayonnaise	Pudding
Non-dairy creamer	Ranch dressing
Non-dairy yogurt	Sour cream
Oat milk	Whey and whey protein
Rice milk	Yogurt
Sorbet	
Soy milk	
Vegan food products	

## Egg Allergy

What You Can Eat	What You Must Avoid	What You Can Substitute
Vegan egg substitutes and food products	Egg whites Egg beaters Eggs Eggnog Mayonnaise Meringue	Applesauce Arrowroot Aquafaba Baking soda + vinegar Buttermilk Chia seeds Flaxseed Mashed banana Nut butters Silken or soft tofu Soy Yogurt