

Adult Day Care Food Allergy Fact Sheet



Managing Food Allergies: Adult Day Care Directors

1. Participate in a food allergy management team.

- Include people on the food allergy management team such as nurses, foodservice director, registered dietitian, activity director, administrator, and Section 504 Coordinator (if site has more than 15 employees).
- Create and implement food allergy procedures as required by State and licensing requirements. Offer to help write a food allergy plan if the center does not currently have one, or write the foodservice portion of the site's allergy policy.
- Incorporate food allergy management procedures into your Standard Operating Procedures (SOPs) or food safety plan. For example, write procedures for activities such as cleaning and sanitizing, preparing allergen-free foods, and serving participants with food allergies.

2. Participate in team meetings for individual participants with food allergies.

- Meet with the food allergy management team to discuss a participant's food allergies.
- Work with team members, in particular the nurse, adult participant, family, caregiver, or guardian, to obtain a medical statement. A medical statement is required when the modification cannot be provided within the Child and Adult Care Food Program (CACFP) meal pattern. The team will create a food allergy action plan/emergency care plan for the participant with food allergies.

3. Implement, monitor, and update food allergy prevention procedures for adult day care.

- Follow your State and Federal disability laws and USDA regulations regarding participants with food allergies.
- Monitor, review, and update SOPs for food allergy compliance.
- Provide training on how to implement food allergy prevention procedures for all staff who interact with participants with food allergies.
- Include the following in food allergy prevention procedures:
 - Allergy information
 - ♦ Identify participants with food allergies while keeping their medical information confidential.
 - ♦ Provide allergy information for menus and food prepared for field trips to participating adults, family, caregivers, or guardians.
 - ♦ Maintain contact information for vendors to obtain food ingredient information.
 - ♦ Contact food manufacturers about possible allergens in a food product or look for vendors that offer allergen-free options.
 - ♦ Sign up for food recall alerts on the Federal government's food safety website (www.recalls.gov).



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- Food storage and preparation
 - ♦ Prevent cross-contact with cleaning and sanitizing procedures.
 - ♦ Store, prepare, and serve allergen-free food to prevent cross-contact.
 - ♦ Read ingredient lists for food allergens.
 - ♦ Keep food labels for the recommended 24 hours after the food is served in case of an allergic reaction.
- Food Service
 - ♦ Serve participant(s) with food allergies first if doing family style dining. Ensure that they do not take a food item to which they are allergic.
 - ♦ Create an environment that is as safe as possible from exposure to food allergens.
 - ♦ Discourage participants from sharing or trading food, drinks, straws, or utensils.
 - ♦ Provide appropriate supervision during mealtime.
 - ♦ Encourage handwashing before and after eating.
 - ♦ Respond to a food allergy emergency.



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References

- Centers for Disease Control and Prevention. (2013). *Voluntary guidelines for managing food allergies in schools and early care and education programs*. www.cdc.gov/healthyyouth/foodallergies/
- Institute of Child Nutrition. (2016). *Serving safe food to students with food allergies sample SOP*. <https://theicn.org/food-safety>
- U.S. Department of Agriculture. (2017, June 22). *Modifications to accommodate disabilities in the Child and Adult Care Food Program and Summer Food Service Program*. <https://www.fns.usda.gov/modifications-accommodate-disabilities-cacfp-and-sfsp>
- U.S. Food and Drug Administration. (2021, May 5). *Food allergies*. <https://www.fda.gov/food/food-labeling-nutrition/food-allergies>

For More Information

American Academy of Allergy, Asthma & Immunology
www.aaaai.org

Centers for Disease Control and Prevention
www.cdc.gov/healthyschools/foodallergies

Food Allergy Research & Education
www.foodallergy.org

Food Insight (website sponsored by International Food Information Council Foundation)
www.foodinsight.org

Institute of Child Nutrition
www.theicn.org/foodsafety

National Institute of Allergy and Infectious Diseases
niaid.nih.gov

National Resource Center for Health and Safety in Child Care and Early Education
www.nrckids.org

School Nutrition Association
www.schoolnutrition.org

U.S. Department of Agriculture
www.fns.usda.gov/food-safety/food-safety-resources



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U.S. Food and Drug Administration

Food Allergens

www.fda.gov/Food/IngredientsPackagingLabeling/FoodAllergens/default.htm

USDA National Agricultural Library

www.nal.usda.gov

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