

## First Unitarian Church of St. Louis

### Food Allergy Plan

(Reviewed and adopted by the RE Committee 2009; adopted by Board 12/09)

The Children's RE Program at First Unitarian Church of St. Louis has several children who *(have)* allergies to various foods. Allergic reactions can vary from a relatively minor reaction of itchy, watery eyes to a reaction that is life threatening. To avoid allergic reactions to foods, the Religious Education program has adopted the following practices. While the staff and volunteers will do our best to carry out these food allergy management practices, nevertheless, it must be recognized that no plan is foolproof or can be guaranteed to be observed 100% of the time.

1. All families are asked to give the RE Program staff written information on any food allergies that their child has. This information will be included in attendance folders. Families are asked to complete a Food Allergy Action Plan Form, including a picture, so that people working with their child can be alerted as to the allergy and specific action to be taken should an allergic reaction occur.
2. Allergic reactions, specifically to peanuts and tree nuts, can cause a life-threatening (anaphylactic) reaction for individuals. The RE Program will not intentionally serve any product containing peanuts or tree nuts in any of our classes where allergies have been reported. When a specific classroom has a child enrolled with a peanut/ tree nut allergy, parents and volunteers will be advised that the room is a "peanut free zone," and children will be asked to use hand sanitizer at the beginning of class.
3. Children with anaphylactic reactions to foods should have an EpiPen in their classrooms whenever they are at Sunday School or with them if they leave the classroom for other Sunday School activities.
4. Families of children with life threatening allergies in classrooms that regularly serve snacks (preschool ages) are asked to choose an acceptable snack at the beginning of class or bring in an acceptable snack for their child when none of the church-provided snacks meet the individual health needs of their child.
5. Tables in classrooms are wiped down with disinfectant wipes during the week by the church staff, but in classrooms with a child known to have food allergies, the tables should also be wiped down at the beginning of class on Sunday. This is done to ensure that no residue from food containing peanut product gets on tables, counters or utensils.  
Wipes will also be available in each classroom.
6. It is asked that no church groups eat foods containing peanuts or tree nuts in any of the RE classrooms.
7. If foods and snacks are brought from homes, the child with food allergies should have another option of a snack that is commercially prepared and in factory-sealed containers with the ingredients listed on the container.
8. Evening family events that have food not supplied by the church are not monitored for allergens. Parents are responsible for monitoring foods eaten by their children at these events.
9. The RE Committee will offer training to volunteers and staff on the proper use of an EpiPen when the need arises due to a reported allergy. All volunteers will be invited to the training.
10. Should an EpiPen be utilized while a child is at church, volunteers and staff will be required to call "911." Phones are located in the RE offices. Parents will be notified immediately after emergency procedures have taken place.