

Cathedral of St. Raymond Religious Education

Allergic Reactions and Food Policies

The Cathedral of Saint Raymond Religious Education Program recognizes that life-threatening food allergies are a serious condition affecting many school-age children. It is our policy to maintain a safe environment for all children by minimizing the possibility of exposure to anaphylaxis food allergens to allergic children and by prompt response to unexpected allergic reactions. We:

- A. **MAINTAIN** a unified Anaphylaxis Emergency Plan (page 2) to address life-threatening allergic reactions.
 - 1. **OBTAIN** a personalized emergency action plan for each student identified with a potentially life-threatening allergy.
 - 2. **ENSURE** that all catechists who are responsible for that student are aware of said emergency action plan.
 - 3. **TRAIN** all paid and volunteer staff on the administration of medication prescribed to him/her to prevent anaphylactic reactions (i.e. EpiPen, AuviQ, etc) in those years when the Cathedral of Saint Raymond Religious Education Program has a student that must have medication with them at all times.

- B. **MAINTAIN NUT FREE ZONE** in all space used for Religious Education (school classroom, parish commons, sacristy and cathedral). This means that all snacks and/or treats that come into the building for either the Christmas or end of year party must be approved by the Director of Religious Education (see RE Approved Food List). If a student brings in a food item that is **NOT** on the approved list, the snack **MUST** be sent down to the office for the student to pick up at the end of session and bring home.

- C. **TRAIN** students to immediately find a catechist if they notice any changes on the skin, as well as coughing, or changes in breathing of another student since these are signs of a possible allergic reaction.

- D. **MAINTAIN** a uniform clean-up procedure for all classroom parties using the following steps:
 - 1. **WIPE DOWN AND SANITIZE** all desks, tables, chairs, counters, and door handles after each party.

 - 2. **COLLECT** all wrappers, crumbs, and garbage in one bag if possible after each party.

 - 3. **TIE UP** garbage bag and **DISPOSE** of it in one of the large trashcans in the Commons.

- E. **RECOMMEND** to RE families that treat bags shared with the students to take home include items other than food. If the treat bag includes food, it **MUST** be individually packaged from the manufacturer and be listed on the provided approved food list.

Anaphylaxis Emergency Plan

1. **ENTER** this plan when a catechist/staff member notices or is alerted of any change in skin or breathing of a child that has an allergy action plan, the plan will be immediately referenced.
2. **ALERT** the Director of Religious Education to assess the situation with the catechist/staff member. At this point, if the catechist/staff member and the Director of Religious Education are unsure of any medication needs to be administered, the student's parents/guardians will be notified.
3. **ADMINISTER** medicine according to student's personalized emergency action plan if needed after assessing the situation. (In the case of an evident emergency situation, the catechist will react immediately and administer the appropriate medications before alerting the Director of Religious Education.)
4. **CALL** 911 if a prescription medication that prevents anaphylactic reactions (EpiPen, AuviQ, etc) is administered.
5. **NOTIFY** the student's parents/guardians.

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Please note: Food labels/ingredients may change over time, so it is always necessary to **READ THE LABEL BEFORE PURCHASING SNACKS**. Please read label carefully to make sure that products are **NUT FREE**. This **INCLUDES** labels that read: **“May contain traces of peanuts/tree nuts”**.

Approved Food List

Fruits/vegetables (NOT to be cut up)

apples (small)
baby carrots
bananas
clementines
raisins

Candy

Jolly Ranchers
Skittles
Smarties
Starburst
Twizzlers

Crackers/Snack Items

Nabisco Grahams (original)
Lays potato chips
Rold Gold pretzels
Smartfood Popcorn (reduced fat)
Townhouse Crackers

Cookies

Enjoy Life brand cookies
Oreos (original)