



## Monitor Risks in Food Service

Allergic reactions to fruits and vegetables are common. About 5% of the population have allergies to fruits and vegetables. Priority allergens include: eggs, milk, mustard, peanuts, seafood (fish, crustaceans and shellfish), sesame, soy, sulphites, tree nuts, and wheat.

Not all severe allergic reactions can be predicted or avoided, but to protect students with severe allergies, the BC Ministry of Education has put into action, the British Columbia Anaphylactic and Child Safety Framework, and the Anaphylaxis Protection Order. For more information visit: <https://www2.gov.bc.ca/gov/content/education-training/k-12/administration/legislation-policy/public-schools/anaphylaxis-protection#>

School administrators, teachers and parents can work to create a safe environment for students with allergies and have access to resources to assist them. The In-School Coordinators should be aware of any school procedures to promote a safe environment for students with severe allergies. The school procedures may affect how the program is offered in the school.

To register an allergy, visit the school login. Registering an allergy **will cancel the entire school's order for that item**. It is recommended that In-School Coordinators receive training in the following areas:

1. How to help prevent food allergens from getting into the produce
2. How to clearly label produce that is brought into schools

Some important information about how to help prevent allergens from getting into foods:

- If an allergen has been brought into the school, it is important that no traces of the food be found on anybody's hands or other surfaces
- Wash your hands after eating and thoroughly clean all equipment, utensils and surfaces that you use to handle and prepare the fruits and vegetables

### Cleaning Hands

The best way to get rid of all traces of food allergens (such as peanut butter) from your hands is washing with liquid detergent, bar soap or sanitizers. Wash hands with soap and warm water, dry hands, then sanitize. Sanitizer doesn't kill or remove allergens.

## Cleaning Surfaces

Clean-up is a 4-step process required for effective removal of micro-organisms (invisible germs to the eye) AND traces of food allergens.

1. Do a thorough cleaning of all surfaces with a soap and water solution using a scrubbing motion with the washing cloth.
2. Wipe down the scrubbed surface with a rinsed out cloth to remove any soap residue.
3. Wipe down the cleaned surface with a sanitizing wipe (e.g. Formula 409 (Clorox), Lysol Wipes, or a bleach solution, or a hydrogen peroxide solution). <http://www.foodsafe.ca/dilution-calculator.html>
4. Let the surface air dry – DO NOT dry wipe the surface as it removes the sanitizer before it can be effective.

## Milk Allergy and Intolerance

Milk allergies affect a very small number of children. These children usually outgrow their allergy, and with a doctor's approval, can often drink milk by age 3.

Lactose intolerance also affects a small number of children. It isn't life threatening, but can cause gas, stomach bloating, or diarrhea. For information on lactose intolerance, visit [www.bcdairy.ca](http://www.bcdairy.ca) or contact the BC Dairy Association at (1-800-242-6455).

## Storage and Refrigeration of Milk and Dairy Products

1. Keep it cold

Milk and dairy products are perishable foods. Temperature control is the most important factor in maintaining its quality and freshness. Store milk and dairy products at **4° C (40° F) or lower**.

Check the temperature of your refrigerator with a thermometer to make sure it is always at **4° C (40° F) or lower**.

Put milk and dairy products in the refrigerator as soon as possible after it is picked up or delivered. Even short periods of time out of the refrigerator will increase growth of low temperature bacteria. Although not harmful, these may cause off-flavours and spoilage.

2. Check the best before date and consume before that date.
3. Leave milk in its original containers. Make sure the extra milk and dairy products are stored at 4° C (40° F) or lower until distributed.



## Allergy Information

It is the school's responsibility to be aware of, and alert BCAITC, when someone in their population might be allergic to the fruits and/or vegetables or other products that are scheduled to be delivered. To check the products that are scheduled to be delivered to your school, go to your school login.

It is each school district's responsibility to keep alert of any new and current allergy issues. Please consult with your school district in regards to policies, procedures, and the most up-to-date allergy information.

There are many variables in regards to allergies these days, and there are a variety of questions that should be answered before determining that an allergy would have cross-reactivity to related - and unrelated - foods. This is done by way of an "allergy profile" through your student's family physician. Other crucial information that each school should have on hand in regards to students' "allergy profile" is:

Is it airborne?

Is it by ingestion only?

Is it a sensory allergy (through touch)?

If you would like further guidance in this area, please contact your school district.