

FOOD BANS IN SCHOOLS

Allergy New Zealand does not recommend banning of food or other products due to the possibility of encouraging complacency among staff and students, the presence of hidden allergens and the difficulty of monitoring and enforcing a ban.

Food allergy management in schools is complex and involves far more than simply implementing a ban.

Schools must be aware of the risks associated with anaphylaxis and implement practical, age-appropriate strategies to minimise exposure to known allergens.

An example of this may be schools asking parents of children in early primary years (kindergarten to seven years old) not to send peanut butter or egg on sandwiches if a class member has a peanut or egg allergy. This is due to the higher risk of person-to-person contact in younger children.

Anaphylaxis, the most severe form of allergic reaction, is a medical emergency and schools need to ensure staff are trained in how to recognise and treat a reaction.

If food bans are being considered, this should be supported by a letter from the child's specialist and included in the child's healthcare plan.

If a school does decide to implement a nut ban, it should never claim to "peanut or nut free". Evidence from experts indicates that this type of claim is not reliable and may lead to a false sense of security about exposure to peanuts or nuts.

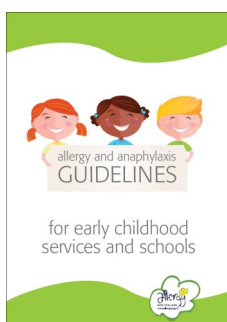
If you are a media organisation, you may like to contact the Ministry of Education for their recommendation on allergy management in schools.

For more information on allergy management in schools, click [here](#) to go to Education Sector.

Want more support?

Do you want more support and trusted information so you can manage allergies and/or anaphylaxis in your school or ECE? Your school or ECE can join Allergy New Zealand as a [Gold Member for just \\$60](#) a year and get all the benefits of this, including:

- one issue of *Allergy Today* magazine posted to you each quarter
- discounts off Allergy New Zealand products and seminars
- access to our members-only section of the website
- special offers from Allergy New Zealand sponsors and supporters
- access to pdf's for all of our information brochures so you can print them out as required



Allergy and anaphylaxis guidelines for early childhood services and schools

Includes:

- Definitions and background of allergic conditions
- Recognising and managing a severe reaction
- Risk reduction including food policy measures
- Anaphylaxis action plans
- Food allergen information

