



Anaphylaxis Protocol

Avoidance Strategies for Allergens that Cause Anaphylaxis

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Achieving Believing Belonging

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Introduction

The Avoidance Strategies for Allergens that Cause Anaphylaxis resource contains sample strategies, for food and non-food allergens, to be considered by school administrators in consultation with parent/guardians when preparing the Anaphylaxis Student Plan of Care.

Health Canada's 'Priority Food Allergens' (in alphabetical order):

Eggs, Milk, Mustard, Peanuts, Seafood (Fish, Crustaceans and Shellfish), Sesame Seeds, Soy, Sulphites, Tree Nuts, and Wheat

A food product is placed on Health Canada's 'priority list' of allergens based on the following criteria:

- the severity of reactions to a food
- the data available on the prevalence of allergic reactions to it
- the level of exposure to the food in Canada

Revised and new regulations (Food and Drug Act) August 4, 2012:

'Priority allergens' must be declared in plain language, and must be listed on an ingredient label.

Food Allergy Canada

A comprehensive list of names and sources of food and non-food allergens that can cause anaphylactic reactions can be found on the Food Allergy Canada website: <http://foodallergycanada.ca/>

The Health Canada website is also an important resource: <http://www.hc-sc.gc.ca/fn-an/securit/allerg/fa-aa/index-eng.php>

Cross Contamination

Please note that commercial food products may contain trace amounts of life-threatening food allergens from equipment used during processing or by touching another product (e.g. donuts, cookies and other baked goods from local doughnut shops, etc.). These small amounts have been known to cause a life threatening anaphylactic reaction.

Allergen Avoidance Strategies

ALL School Administrators:

For peanuts and tree nuts:

School administrator to provide a 'minimized allergen environment' for school and classrooms by minimizing products that contain or 'may contain' allergens from coming into the school by staff, students, parents, commercial food providers, volunteers, visitors etc. and from being served/consumed on or off site at school sponsored activities/events.

For all other food allergens – e.g. sesame seeds, milk, eggs, wheat, etc.

Direction from Anaphylaxis Canada is that all other food allergens that may be life threatening to a student is not to be banned or restricted from the school, as trying to eliminate it is not practical, is impossible to police and would cause disruption. However, where appropriate, restricting an allergen in a particular class, that has a student with a life threatening allergy, MAY be used as an avoidance strategy.

Refer to **Other Names for Priority Food Allergens found on Ingredients Lists** (Appendix A)

Management of Food and Non-Food Allergens:

The key to minimizing an anaphylactic emergency is avoidance of the allergen.

It is essential that those with food allergies carry an epinephrine auto-injector (EpiPen®).

The School Administrator/designate is to review the contents of the allergen avoidance strategies, and in consultation with the parents/guardians, using school board anaphylaxis protocol as a guide, select and include those strategies that meet the specific needs of the student onto the student's Student Plan of Care. Inform staff of the strategies to be implemented for the student.

Note: Food avoidance strategies for known allergen(s), to be developed by school administrator in consultation with parents using school board anaphylaxis protocol as a guide, when creating/reviewing Student Plan of Care.

- **School Administrator is to check:**

- The anaphylaxis signage 'STOP' (food products containing or 'may contain' peanuts and tree nuts NOT to be brought into the school) are posted at public entrance(s) to school.
- Vending machines are NOT to provide food items that contain or 'may contain' peanuts/tree nuts.
- Selection of a school/class activity fundraiser is to avoid products containing peanuts and tree nut products.
- Occasional teachers can identify an anaphylactic reaction and can administer an EpiPen®.

- **School Administrator is to communicate with Staff:**

- Where staff observe students with products containing peanuts/tree nuts they are to remind students about school policy of nut restrictions on school site, for the safety of fellow students diagnosed with a life threatening nut allergy.
- Where indicated by the school administrator the teacher, coach, staff member must inform the school administrator of their plans to provide food for school/class activities/celebrations on or off school site and well in advance of the activity.
- Where appropriate the teacher, coach, staff member is to communicate with parents of the food allergic child about their plans of serving food and how parents can assist in the decision of foods appropriate for their child.
- Food items are not to be used as rewards or incentives.

- **School Administrator is to communicate with students:**

- Communicate to all students on a regular basis: (the school board policy that all products containing peanuts and tree nuts and products that 'may contain' peanuts and tree nuts are not to be brought into the school at any time for lunch or snacks. [e.g. at the beginning of school year, prior to Hallowe'en, Christmas, Easter; beginning of semester 2 (Secondary Schools) and on an as needed basis])

- **School Administrator is to communicate with parents:**

- Message that the school has students with life threatening allergies to known allergens and to refrain from sending food items that contain or 'may contain' peanut-tree nuts. Refer to **Sample: Anaphylaxis Letter Re: Peanuts/Tree Nuts to School Community**.
- Reminders are to be sent home in school communications (newsletter) at various times in the school year (e.g. prior to Hallowe'en, Christmas, Easter)
- **Response to Parents who want to send in alternate spreads to peanut butter e.g. School Safe Soy Butter – WOWBUTTER; Sunbutter (sunflower seeds); Golden Pea Butter (peas and Omega 3 canola oil):**

Re: Peanut Butter Substitutes

'In fact, these products are almost identical in colour, consistency, smell and taste to peanut butter. Schools cannot be expected to monitor for student safety when it is impossible to differentiate between these products and peanut butter.

Therefore, the Board is requesting that parents do not send their children to school with look-a-like products to peanut butter.

If not already done so, please bring the above information to the attention of your school community via your school newsletter and/or school website.'

- **School administrator is to provide the following information when school is providing food:**
In charge person of the event/celebration (school administrator, teacher, coach, staff member) is to minimize the chance of known food allergens being served to a team, class or school community event by implementing the following:
 - Purchase of allergy safe food from commercial food outlets. Check ingredient food labels known allergen food items.
 - Order foods from a commercial source. Teacher/designate is to check that the commercial source can guarantee that their food products are free of nut products and prepared in a nut free environment, for example.
 - Foods that have been prepared on school site under the supervision of a teacher/designate (e.g. parent of an anaphylactic child) familiar with known allergen free ingredients and cross contamination procedures.
 - Food items prepared by the parents of an anaphylactic child.
 - Nutritious, allergy safer foods to be served (e.g. fruit platter, veggie platter.)
 - To assist teachers/designate (volunteer) when checking ingredient food labels for nut products refer to **Other Names for Priority Food Allergens found on Ingredients Lists** (Appendix A)

School Administrator to communicate with Custodian:

- Remove food scraps/uneaten food products from the classroom after meals.
- Clean eating surfaces using an approved cleaning agent.

Supervision for lunch and snacks

- Type of lunch and snack supervision based on child's needs and in consultation with child's parents is to be communicated to classroom teacher, all relevant staff personnel, Lunch Supervisors, and Occasional teachers.
 - In the classroom at lunch and snack time removing the hazardous allergen away from the anaphylactic student – seating location of the anaphylactic child in relationship to the allergen.
 - all lunch/snack supervisors, (e.g. other teachers, paid lunch supervisors and Occasional teachers) know the symptoms of an anaphylactic reaction and can administer the EpiPen®.
- **Communication regarding other food allergens**
 - Where appropriate send a letter home to the parents, in the child's class, informing them of a student in the class with a life threatening allergy to a known allergen food product and requesting their assistance by:
 - Not to sending foods that contain or may contain the known allergen as the as the major ingredient (e.g. puddings, yogurt, cheese, hot or cold pizza, eggs, sesame seeds, etc.) to school with their child.

Milk & Other Allergens [Priority: Eggs, Mustard, Seafood (Fish, Crustaceans and Shellfish), Sesame Seeds, Soy, Sulphites, and Wheat. Other: e.g. Chick Peas, Kiwi, Legumes, Mango, Peas, Pineapple, Strawberries, etc.]:

- No restriction to milk & other allergens products in the classroom. Location of the child during lunch and snack time is to sit at a table away from milk & other allergens products and potentially spilled milk & other allergens.
- Where schools have milk programs, classes with milk allergic children do not participate OR...
- Children are given straws to put into bevel topped milk containers (which are distributed through milk programs) and are taught to close the top once the straw is inserted. OR
- Children who bring milk from home are asked to bring it in a plastic bottle with a straw. OR
- On pizza days, some parents of milk allergic children either take their kids home for lunch; others send their child with an alternative lunch so that they can still participate.
- Special care should be taken to ensure that children properly wash their hands and mouths after pizza lunches and that surfaces are properly cleaned.

Secondary School Administrators

- **School Administrator/designate to communicate with the Food and Nutrition Course Teachers:**
 - Process in place (e.g. prior to first class using food), the teacher is to identify students with food allergies. Teacher is to provide a program to minimize the risk of those students coming in contact with the life threatening allergen.
 - All food items and ingredients, purchased and brought into the program is to be checked by the teacher that they do not contain or 'may contain' peanuts and tree nuts. Refer to **Other Names for Priority Food Allergens found on Ingredients Lists** (Appendix A).
- **School Administrator/designate to communicate with parents of child diagnosed with anaphylaxis:**
 - To have a process in place to outline to parents of grade 8 students coming into a secondary environment about the role of the school, role of the student in avoidance of known allergen(s). Explanation of how the roles are different in the secondary setting where the student is to take more of an active role in advocating for themselves and to be vigilant. Roles of the school and the student are to be reflected in Student Plan of Care.
- **School Administrator/designate to communicate with new to Secondary School students diagnosed with anaphylaxis:**
 - To have a process in place where grade 8 students, and new students coming into a secondary school environment, along with students presently attending the school meet and discuss avoidance strategies to their life threatening allergen e.g. peanuts/tree nuts in a secondary environment.
- **School Administrator to communicate with student body:**
 - Provide access to Food Service Provider's Allergy Awareness Program – products and ingredients.
- **School Administrator to communicate with manager of Cafeteria Food Service Company**
 - Principals/designate are recommended to meet with the Food Service Company Cafeteria Manager, early in the school year, to review Food Service Company's commitment to implement the following reduction strategies in school cafeterias for the avoidance of anaphylaxis allergens e.g. peanuts and tree nuts. Food Service Company (January 2009):

- Educates and trains foodservice staff on food allergies, signs and symptoms of an anaphylactic reaction and how to administer the epinephrine auto injector (EpiPen®).
- Provides 'Gross Nut Free' products where the server does not have any product with nuts as an ingredient in it (e.g. peanuts, tree nuts, peanut oils).
- Uses, where possible, suppliers who have their products made in a nut free facility.
- Does not provide any type of chocolate bars.
- Cafeteria staff are trained to avoid cross contamination of food allergens during the purchasing, receiving, storage, handling, preparation and service of food.
- Cafeteria staff have an Allergy Awareness Program to identify ingredients in products served and communicates this information to students and parents when requested. (Binder with photocopy of ingredient labels)
- Check that the Food Service Company's - ALLERGY ALERT poster is prominently displayed at entrances to cafeteria.
- Cafeteria staff will identify menu items that are free of specific allergens (eggs, soy, milk, sesame seeds, sulfites and wheat) when asked by student or staff member.
- Food Service Company does not serve seafood products.
- Set up a meeting with Food Service Company cafeteria staff to discuss the school's anaphylaxis procedures and students at risk within the school.
- Where appropriate, in consultation with parents and student a copy of the student's Anaphylaxis Emergency Treatment form may be posted in the cafeteria area in a discrete manner for cafeteria staff.
- Principals are invited to reference the Food Service Company's Principal's Guide to Food Services and Food Service Company's Allergy Awareness Program.

Note: If an outside caterer is used for a function outside of school hours, the school must pay for and have an Food Service Company representative present for Health and Safety and sanitation reasons ***as well as to ensure that Food Service Company's procedures related to allergen avoidance procedures are not compromised in the cafeteria area.***

Note: Implementation of the above reduction strategies by Food Service Company does NOT mean that the cafeteria is peanut/nut free. Some of Food Service Company's suppliers will not guarantee their products are 100% nut free as their product is not made in a nut free facility (possibility of cross contamination) and as a disclaimer for legal reasons state on their product label 'MAY CONTAIN' traces of nut. As well students and others may bring their own food into the cafeteria that contains or 'may contain' peanuts and tree nuts.

Classroom Teacher Avoidance Strategies

- Implement avoidance strategies outlined on Student's Individual Plan.
- Identify student with food allergy to support staff, volunteers and occasional teachers.
- Classroom teacher and support staff and volunteers are not to bring in foods that contain or may contain peanuts, tree nuts (e.g. doughnuts, cookies, etc.).
- Check that the response form from the Anaphylaxis Letter Re: Peanuts/Tree Nuts to School Community has been returned by each student.
- Check that foods that contain allergens are not being brought into the classroom and follow school protocol for students who bring in a food allergy source (e.g. peanut butter sandwiches, eggs, milk, etc.)

- Make themselves aware and be familiar with the other names the food product is called along with possible sources of the food allergen. Refer to **Other Names for Priority Food Allergens found on Ingredients Lists** (Appendix A)
- Anaphylactic students not to participate in garbage removal or yard clean ups.
- Minimize or eliminate the number of celebrations in the classroom/school where food is used (e.g. birthday celebrations)
- When food is to be provided to the class/team. Teacher, coach, activity provider is to communicate with parents of the food allergic child, well in advance, of their plans of serving food and how parents can assist in the decision of foods appropriate for their child (e.g. multicultural food day, team celebration).
- When taking students off school site and providing food, staff member is to have a process in place well in advance of the event that examines the following:
 - Process in place where students with food allergies are identified
 - Communicate with parents of the food allergic child about your plans and how they can assist in the decision of a location appropriate for their child.
 - Check with the food provider (chef or restaurant manager) that they can provide a minimized allergen environment based on the student(s) allergen(s). Reference: Selecting a Restaurant found in Elementary/Secondary School Administrators Checklist.
- Students with anaphylaxis should not be involved in garbage disposal, yard clean ups, or other activities which could bring them into contact with food wrappers, containers or debris.
- Teachers, particularly in the primary grades, should be aware of the possible peanut/nut allergens present in curricular materials:
 - playdough;
 - bean-bags, stuffed toys (peanut shells are sometimes used)
 - counting aids (beans, peas);
 - empty cereal boxes or other containers;
 - science projects (e.g. pine cone bird feeders stuffed with peanut butter);
 - special seasonal activities
- Communicate with the student and reinforce the following avoidance strategies:
The student is:
 - **NOT** to **eat** without their epinephrine auto injector e.g. EpiPen®
 - to **Eat only** food items **approved** by parents/guardians
 - **Not** to **trade** or **share foods**, utensils or food containers with others
 - to **Place** a barrier (placemat) between the food and the eating surface
 - to **Wash** hands before and after meals
 - **Not** to go off **alone** (e.g. washroom) if they are feeling unwell or distressed
 - to **Advise** an adult and/or others around them quickly if they feel they are having an allergic reaction
 - to **Report** all incidents of teasing and bullying especially related to his/her allergy to an adult in authority.
- Communicate with the other students in the class:
Where appropriate, in consultation with the child's parent/guardian and the child themselves, inform them of your plans of providing information about the child's life threatening allergy to his/her classmates.
Inform the students in the class of the individual's life threatening allergy to the food product, the consequences of the child ingesting the food product, how the ingestion can occur through cross contamination and outline how they can be a PAL to the student in the class:
 - **PAL – Protect a Life from Food Allergies:**

- Food allergies are serious. Don't make jokes about them.
- Help your friend avoid the food allergy
e.g. avoid bringing food and snacks made from the student's food allergen
- Don't share food with friends who have food allergies
- Wash your hands after eating
- If a friend who has food allergies becomes ill, get help immediately.
- An EpiPen® contains lifesaving medication and is not to be played with.
- There is a PAL brochure that can be accessed: www.foodallergy.org/section/be-a-pal-program
- **When taking students off school site and providing food:**
 - Teacher, coach, staff member is to have a process in place well in advance of the event that examines the following:
 - Process in place where students with food allergies are identified.
 - Communicate with parents of the food allergic child about your plans and how they can assist in the decision of a location appropriate for their child.
- **When taking student(s) diagnosed with anaphylaxis to a restaurant:**
 - In charge person of the event/celebration is to check with the food provider (chef or restaurant manager) that they can provide a minimized allergen environment based on the student(s) allergens. Reference: Selecting a Restaurant found in Elementary/Secondary School Administrators Checklist.

Non-Food Allergens Avoidance Strategies

Insect Venom

(Stings from Bees, Wasps, Hornets, Yellow Jackets).

An insect venom allergy is a reaction to one or more of the proteins found in insect venom.

Management of non-food allergens:

The key to minimizing an anaphylactic emergency is absolute avoidance of the allergen. It is essential that those with food allergies carry an epinephrine auto-injector (EpiPen®).

Note: Avoidance strategies for insect stings, to be developed by school administrator in consultation with parents using school board anaphylaxis protocol as a guide.

School Administrator:

- Have a process in place where outside facilities/playground is inspected for bee nests on a regular basis. Contact the Board's Plant Department to have nests removed. Caution students not to throw sticks or stones at bee nests.
- Keep outdoor garbage away from eating and play areas (especially outside) and make sure they are covered with tightly fitted lids. Consider restricting eating areas to designated locations inside the school building during daily routines. This allows for closer supervision, avoids school yard clean up, and helps reduce the prevalence of stinging insects.
- Depending on the severity of bee presence on the playground consider the following:
- Keep the students with a life threatening allergy to insect venom **inside the school** for all recess/noon periods during bee season/bee presence.
- Students outside under visual supervision by the teacher on yard duty. Students would be met by yard supervisor inside at their exit door and remain in visual contact at all times while outside (carrying their Auto-injector). The student would have to follow the yard supervisor as they patrolled the yard.

- Set up a 'buddy system'. Student would be allowed the freedom of their designated yard area for his/her grade level (carrying their auto-injector). The 'buddy' would be an extra pair of eyes for the presence of bees as well as contacting the yard supervisor in case the anaphylactic student was stung.
- Inform and identify to the bus driver, the student who has a life threatening allergy to bee/wasp sting.
- During bee season the following protocol is to be followed, when travelling on the school bus:
 - The student is to occupy the first seat opposite the bus driver.
 - Check that prior to departure that no bees are on the bus.
 - The NO EATING rule, on the bus, is strictly enforced.

Classroom Teacher Avoidance Strategies

- Implement avoidance strategies outlined on Student's Individual Plan.
- Identify student with insect venom allergy to support staff, volunteers and occasional teachers.
- Anaphylactic students not to participate in garbage removal or yard clean ups.
- Check that student carries an epinephrine auto-injector EpiPen® with them during insect season.
- Student directed to stay away from areas where stinging insects gather such as gardens, hedges, fruit trees and garbage cans.
- Have students drink from cups rather than beverage cans where insects can hide. Use a straw when drinking beverages outdoors.
- Remove allergic student from the location if there is a possibility of contact (e.g. classroom, outside activity area)
- **Communicate with the student and reinforce the following avoidance strategies:**
 - Advise students to:
 - Wear light colours and avoid loose flowing garments.
 - Wear shoes instead of sandals during the warm weather (do not go barefoot).
 - Avoid highly fragrant varieties of products such as perfumes, colognes, suntan lotions, cosmetics, hair sprays or deodorant.
 - Carry their epinephrine auto-injector EpiPen® with them during insect season.
- **Communicate with the other students in the class:**
Where appropriate, in consultation with the child's parent/guardian and the child themselves, inform them of your plans of providing information about the child's life threatening allergy to his/her classmates.
- **PAL – Protect a Life From Insect venom Allergies:**
 - Allergies are serious. Don't make jokes about them.
 - Help your friend avoid the bees, wasps etc.
 - If a friend who has venom allergies gets stung, get help immediately.
 - An EpiPen® contains lifesaving medication and is not to be played with.

Latex

A latex allergy is a reaction to the proteins found in the natural rubber latex and latex products manufactured from a milky fluid that is primarily obtained from the rubber tree.

Latex allergic reactions can range from contact dermatitis and swelling to systematic anaphylaxis that can be life threatening.

Exposure to natural rubber latex - Routes of exposure include:

- **Contact** (direct or indirect) with latex on the skin, wounds or mucous membranes (eyes, mouth)
 Indirect contact with latex occurs if one person touches latex and has contact with an allergic person, or if latex residue is on a surface that is touched by an allergic individual. e.g. teacher has latex adhesive on hands from tape/glove and touches allergic student.

- **Inhalation or ingestion** of latex particles can cause reactions:
e.g. breathing in: powdered dust used on latex gloves and/or particles of a used eraser being blown or brushed into the air.
- **Cross contamination** from latex gloves or latex cooking spatulas used to prepare or serve food.

For a **list of some products which may contain natural rubber**, refer to **Non-Food Allergens - Latex or Products That May Contain Natural Rubber**

Prevention:

The key to minimizing an anaphylactic emergency is absolute avoidance of the allergen. It is essential that those with food allergies carry an epinephrine auto-injector (EpiPen®).

Avoidance Strategies to consider:

Depending on the severity of the allergy and in consultation with the child's parents, avoidance strategies are to be developed by school administrator in consultation with parents and are to be reflected on the Student Plan of Care. An excellent resource: School Safety Guidelines for Latex-Allergic Students 2nd Edition

American Latex Allergy Association. To order call toll free 1-888-972-5378

School Administrator:

- Survey the school environment to determine where avoidance and accommodations (substitutions) are to be made for the student e.g.:
 - Where First Aid supplies pose a hazard e.g. latex protective gloves, band aids, tape – get non latex substitutes e.g. vinyl gloves
 - Where rubber erasers on the end of pencils pose a hazard
 - Inform student body and staff that only pencils with latex free white tipped pencil erasers are to be used.
 - Ensure an available supply of latex free white tipped pencils and latex free erasers by contacting local school supply retailers informing them of approximate numbers of students and staff requiring these pencils.
 - Where rubber bands pose a hazard – inform school staff and students to select an alternative to rubber bands.
 - Where balloons pose a hazard – inform school staff and students not to bring in rubber balloons.
 - Develop an announcement to inform students and school community that you have a student highly allergic to latex that declares your site a Latex Minimized Allergen Environment.
Refer to **'Latex Minimized Allergen Environment'**
Send information announcement out using all available contact methods: website, e-mail, synovoice, etc.
 - Check student classrooms and activities that may pose a hazard. Identify areas of potential latex exposure and investigate an alternative or make program modifications e.g. physical education equipment and location (artificial turf sports field), science equipment, art equipment (note Crayola products are latex free) etc.
 - Inform cafeteria and custodial staff not to use latex products, including natural rubber latex gloves.
- From school research develop a Student Plan of Care in communication with parents.
- Access the HCDSB Anaphylaxis Signage for both Nuts and Latex from: Print Services (905-632-6300 x 116). Post signage at all school entrances and suitable locations in the school.
- Send out notification to school parents/guardians – 'Anaphylaxis Notification Nuts and Latex Allergy to School Community' – Refer to **Anaphylaxis Notification Re: Peanuts/Tree Nuts – Latex To School Community** and/or **Sample: 'Latex' Minimized Allergen Environment**

- Inform classroom teachers with the student and staff about the child's allergy to the latex.
- Provide classroom teachers with copy of Student Plan of Care.

Classroom Teacher Avoidance Strategies:

- Identify student with latex allergy to support staff, volunteers and occasional teachers.
- Classroom teacher and support staff and volunteers not to bring in identified rubber product into the classroom/school.
- Anaphylactic students not to participate in garbage removal or yard clean ups.
- Communicate with the student and reinforce the following strategies:
The student is to:
 - Carry their EpiPen® at all times
 - Not to go off alone (e.g. washroom) if they are feeling unwell or distressed.
 - Advise an adult and/or others around them quickly if they feel they are having an allergic reaction.
- **Communicate with the other students in the class:**
Inform the students in the class of the individual's life threatening allergy to the latex products and what products not to bring to school/class.

Other Names for Priority Food Allergens found on Ingredients Lists (in alphabetical order)

Egg

An egg allergy is a reaction to one or more of the proteins found in eggs and egg products.

Other names for egg:

- | | | |
|-------------------------|--------------------------------------|------------|
| • Albumin/albumen | • Egg Substitutes (e.g. Egg beaters) | • Lysozyme |
| • Ovalbumin/ovoglobulin | • Vitelin | • Meringue |
| • Conalbumin | • Globulin | |
| • Ovomucin/ovomucoid | • Livetin | |

Possible sources of egg and egg derivatives:

- | | | |
|--|----------------|--------------------|
| • Egg (dried, powdered, solids, white, yolk) | • Meringue | • Pasta, macaroni, |
| • Eggnog | • Ovalbumin | • Marshmallows |
| • Mayonnaise | • Baked goods, | • Nougat |

Milk

A milk allergy is a reaction to one or more of the proteins found in milk and milk products

Other names for milk:

- | | | |
|--|----------|----------------------------|
| • Ammonium/calcium/magnesium/potassium/ sodium caseinate | | |
| • Hydrolyzed casein, hydrolyzed milk protein | | |
| • Casein/caseinate | • Rennet | • Whey protein concentrate |
| • Dried milk | • Whey | |

Possible sources of milk and milk derivatives:

- | | | |
|--|-----------------------|--------------------------------|
| • Milk in all forms: including: condensed, derivative, dry, evaporated, goat's milk and milk from other animals, low fat, malted, milkfat, non-fat, powder, protein, skimmed, solids, whole) | | |
| • Butter, butter fat, butter oil, butter acid, butter ester(s) | | |
| • Baked goods, baking mixes, high protein flour | | |
| • Cereals, crackers; Cream, dips, dressings, sour cream, spreads | | |
| • Cottage cheese, cream, curds ghee, half and half; Pudding | | |
| • Cheese | • Whey (in all forms) | • Meats (deli meats, hot dogs) |
| • Rennet casein | • Yogurt | |

Mustard

A mustard allergy is a reaction to one or more of the proteins found in mustard seed and mustard seed products.

- Mustard is an herbaceous flowering plant.
- Three types of mustard seeds: white, brown, black.
- Mustard seeds are sold as whole, ground into powder or processed further into prepared mustard.
- Prepared mustard is commonly used as a condiment and mustard seeds and powder are increasingly being used in cooking and in processed and prepackaged foods as a seasoning or flavouring agent, emulsifier, and water binding agent for texture control.

Peanuts & Tree Nuts

A peanut/tree nut allergy is a reaction to one or more of the proteins found in peanuts, tree nuts, and peanut/tree nut products.

The following is a **partial list of ingredients** on the labels that will inform you if the peanut protein could be in the product and therefore not to be sent to school:

- Arachis oil, cold pressed peanut oil
- Goober nuts, goober peanuts, goober peas
- Hydrolyzed peanut protein, hydrolyzed plant protein, sweet lupine flour
- Nu-nuts, beer nuts, ground nuts, mandolena nuts, mixed nuts, nuts, peanuts
- Peanut butter, peanut flour, peanut meal, peanut oil, peanut protein.

The following is a partial list of ingredients on the labels that will inform you if **tree nut protein** could be in the product and therefore not to be sent to school:

- | | | |
|----------------------|---------------|-------------------------|
| • Almonds | • pine nuts | • nut oils |
| • Brazil nuts | • pinon | • nut paste |
| • cashews | • pignolias | • chocolate nut spreads |
| • chestnuts | • pistachios | • mandelonas |
| • filberts/hazelnuts | • shea nuts | • marzipan |
| • hickory nuts | • walnuts | • nu-nuts |
| • macadamia nuts | • Mixed nuts | • nut meats |
| • pecans | • nut butters | |

Seafood (Fish, Crustaceans and Shellfish)

(the term seafood refers to all edible fish, crustaceans and shellfish from fresh and salt water)

A seafood allergy is a reaction to one or more of the proteins found in seafood and seafood products.

Partial list of other names for fish, crustaceans and shellfish

• Fish:

Anchovy, bass, bluefish, bream, carp, catfish (channel cat, mudcat), char, chub, cisco, cod, eel, flounder, grouper, haddock, hake, halibut, herring, mackerel, mahi-mahi, marlin, monkfish (angler fish, lotte), orange roughy, perch, pickerel (dore, walleye), pike, plaice, pollock, pompano, porgy, rockfish, salmon, sardine, shark, smelt, snapper, sole, sturgeon, swordfish, tilapia (St. Peter's fish), trout, tuna (albacore, bonito), turbot, white fish, whiting.

• Crustaceans:

Crab, crayfish (crawfish, écrevisse), lobster (langouste, langoustine, coral, tomalley), prawns, shrimp (crevette).

• Shellfish:

Abalone, clam, cockle, conch, limpets, mussels, octopus, oysters, periwinkle, quahaugs, scallops, snails (escargot), squid (calamari), whelks.

• Partial list of possible sources of fish, crustaceans and shellfish:

Ethnic foods, e.g., fried rice, paella, spring rolls, Hot dogs, Pizza toppings Salad dressings, Soups, Sauces, e.g. fish, marinara, steak, Worcestershire Sauce, Deli meats e.g. bologna, ham, Sushi

Sesame

A sesame seed allergy is a reaction to one or more of the proteins found in sesame seeds and sesame seed products.

Other names for sesame:

- Benne, benne seed, benniseed
- Sesamol, sesamolina
- Tahini, Tahina
- Gingelly, gingelly oil
- Sesamum indicum
- Til
- Seeds
- Sim sim
- Vegetable oil

Possible sources of sesame seeds and sesame derivatives:

- Hummus, halva and other traditionally Middle Eastern and Asian Foods
- Breaded foods, cereals, crackers
- Snack foods (bagel/pita chips, candy, granola bars, halvah, pretzels, rice cakes)
- Sesame oil
- Processed meats, sausages
- Soups and sauces
- Baked goods
- Risotto
- Tahini, tempeh
- Dips and spreads
- Seasonings
- Vegetarian burgers

Soy

A soy allergy is a reaction to one or more of the proteins found in soy and soy products.

Partial list of other names for soy:

- Soya, soja, soybean, soya beans
- soy ice cream
- Edamame
- Soy protein
- soy milk
- Miso
- soy albumin
- soy nuts
- Mono diglyceride
- soy cheese
- soy sprouts
- Natto
- soy fiber
- soy yogurt
- Okara
- soy flour
- Tempeh, tamari
- Yub
- soy grits
- Tofu (soybean curds)

Partial list of possible sources of soy and soy derivatives:

- Baked goods and baking mixes, e.g. breads, cookies, cake mixes, doughnuts, pancakes
- Beverage mixes, e.g. hot chocolate, lemonade
- Breaded foods, chili, pastas, stews
- Sauces e.g. soy, shoyu, tamari, teriyaki, Worcestershire
- Snack foods, e.g. candy, chocolate, energy bars, fudge, popcorn, potato chips
- Spreads, dips, mayonnaise, peanut butter
- Chewing gum

Wheat

A wheat allergy is a reaction to one or more of the proteins found in wheat and wheat products.

Other names for wheat:

- Bulgar
- Durham
- Farina
- Graham flour
- Semonlina
- Wheat bran, germ
- Couscous
- Enriched/white/whole wheat flour
- Gluten
- Kamut
- Spelt

Possible sources of wheat and wheat derivatives:

- Baked goods and baking mixes (cakes, cookies, doughnuts, muffins)
- Baking powder, flour, icing sugar
- Bread, cereals, crackers, pasta
- Canned soups (thickened soups)
- Snack foods (candy, chocolate bars)
- Battered/fried foods
- Ice cream
- Salad dressings, sauces, gravy
- Coffee substitutes
- Pie fillings
- Seasonings, spices
- Gelatinized or modified starch
- Prepared ketchup, mustard
- Soy sauce

Wheat free options:

Safe wheat-free alternatives include products made from rice, corn, potato, sorghum, oats, barley, amaranth, buckwheat, tapioca, millet, arrowroot, soy, lentil, pea, bean and quinoa.

Choosing foods that are labelled gluten free are also safe to eat since all gluten free foods are wheat free as well.

Other Food Allergens

Not on Health Canada's Priority Allergen List:

- kiwi
- mango
- strawberries
- peas
- chick peas
- etc.
- legumes
- pineapple