

## Allergy Guidelines and Points for Cooking Classes

- Sharing food, containers and utensils should not be allowed. This is especially important if food and utensils (e.g. lunchboxes and drink bottles) are brought from home.
- Bottles, lunchboxes, other utensils and other drinks provided by parents should be clearly labelled with the name of the child for whom they are intended.
- Eating areas and utensils should be thoroughly cleaned with warm soapy water. Utensils should be put through a dishwasher cycle if appropriate, to remove traces of potential allergens.
- Children and staff should be encouraged to wash their hands before and after meal times.
- Bench tops should be wiped down before and after meal times.
- For some children it may be necessary to have food and drinks checked by parents. For severely allergic children it may be preferable to have parents provide meals prepared at home.
- Food should only be avoided following recommendation by the child's medical specialist and the provision of documentation supporting this recommendation.
- Food preparation staff should be instructed about necessary measures to prevent cross-contamination during handling, preparation and serving of food.
- Ongoing training and education for educators about food allergy management, anaphylaxis and use of adrenaline injectors should be available.
- Materials such as cow's milk cartons, egg cartons and cereal and other food boxes should be clean and free from contamination before using for art and craft activities.
- Educators should be made aware of the risk to an identified child of using allergenic foods in cooking activities (e.g. baking cakes, frying eggs).
- Use of food in crafts, cooking classes and special activities may need to be restricted depending on the allergies of particular children. Often, an appropriate alternative ingredient can be substituted (e.g. wheat-free flour for playdough or cooking).

## Allergy Guidelines and Points for Cooking Classes

### Most Common Allergenic foods:

1. [milk](#)
2. [eggs](#)
3. [peanuts](#)
4. soy
5. wheat
6. [tree nuts \(such as walnuts and cashews\)](#)
7. fish
8. [shellfish \(such as shrimp\)](#)

Every time the person eats (or, in some cases, handles or breathes in) the food, the body releases chemicals like [histamine](#) . This triggers allergic symptoms that can include:

- wheezing
- trouble breathing
- coughing
- hoarseness
- throat tightness
- belly pain
- vomiting
- diarrhea
- itchy, watery, or swollen eyes
- [hives](#)
- red spots
- swelling
- a drop in blood pressure, causing lightheadedness or loss of consciousness (passing out)

## **Allergy Guidelines and Points for Cooking Classes**

Always have the following medications on hand in case of emergency.

1. Diphenhydramine (Such as Benadryl tablets)
2. EpiPen
3. Benadryl Ointment