

Lunch and Recess

Students will eat lunch either in their classrooms or outside. Physical distancing will be maintained. Handwashing will take place before and after eating lunch. Students will not be allowed to share food of any kind. Our school lunch program will continue for students who ordered from the lunch menu.

Food Allergies

Food allergies are a reality that affects every classroom at St. Francis Xavier. It is estimated that food allergies are present in 6-8% of all school-age children. Approximately 25% of allergic reactions to food occur in school settings. First-time allergic reactions can occur anywhere, including on a school campus. Food allergies should be taken seriously by all. **Food allergies can be life-threatening.**

NO food items containing peanuts or tree nuts of any kind may be brought to campus. This includes items that use any component of nuts or are manufactured in a facility where nut items are processed. Students will not be allowed to share any food items. Sharing food potentially exposes a person to a life-threatening situation.

According to the Arizona Resource Guide for Supporting Students with Life-Threatening Allergies, “Allergic reactions to foods vary among students and can range from mild to severe life-threatening anaphylactic reactions. Some students, who are very sensitive, may react to just touching or inhaling the allergen. For other students, consumption of as little as one five-thousandth of a teaspoon of an allergic food can cause death. The severity of a reaction is not predictable. Allergic reactions look different from one student to the next. Because there is a cumulative effect from past exposures to an allergen, the severity of a future exposure cannot be predicted.”

Avoiding allergens is the best prevention. Students will wash their hands before and after eating. Students with known allergies are required to inform St. Francis Xavier and to provide an Action Plan to the school nurse that will be followed by all staff. Students with EPIPens or AViQ epinephrine pens will follow the directions on their action plan. Staff is trained to administer epinephrine in an emergency situation.

Additional information regarding allergies, especially in the school setting, can be found at:

<https://www.azdhs.gov/documents/prevention/azwic/food-allergies-resource-guide.pdf>

