

## Standards of Care for Handling Outside Food in the School Setting Utah 2017

Food in the school setting is typically a function of the Nutrition Services for each district or school, however there may be times outside food may be brought in.

### Management

Food provided by the school for meals, including breakfast and lunch, should have nutritional information available for families. This should include carbohydrate counts (essential for students with diabetes) as well as an ingredient list, vital for students with food allergies.

Treats given to students for special occasions should be brought to school in a sealed packaged and labeled with nutritional information. **Homemade treats should not be allowed** for consumption to protect those students with food allergies, since ingredients may include a life-threatening allergen. This will also protect our students with diabetes, who must have access to the nutritional information for the item, including the carbohydrate count, which is necessary for proper insulin administration.

There is also a risk for a food-borne illness if the food is not prepared according to FDA regulations. All food served must come from an approved food source. Proper food preparation, safe handling practices, holding criteria and serving guidelines must also be met when serving food to students. Food should be unopened and in a sealed package prior to use.

- There can be a risk of cross-contamination. Even if parents write down the ingredients, there is no way to be assured that there is no cross contamination.
- Food and beverages should not be used as a reward or discipline for academic performance or behavior.
- Parents may still provide homemade or home-baked foods for their child's snack or lunch. However, those items may not be shared with other students.

### Food Allergies

Students with life-threatening food allergies have the right to expect the food provided to them, either by the school for regular meals or treats brought in for special occasions, will be safe for them to eat. For this reason, all food brought in to the school for consumption by students should be in a sealed package labeled with nutritional information, including all ingredients.

### Diabetes

In order to maintain good control of blood glucose, those with diabetes must dose with insulin for all carbohydrates eaten. For this reason all food brought in to the school for consumption by students should be in a sealed package labeled with nutritional information, including carbohydrate count.