



# Charleston Day School

Est. 1937

## Food Allergy Management

Flik Independent School Dining (FISD) follows all necessary steps to manage and communicate the top nine allergies and any additional allergies requested by the school.

FISD does NOT utilize peanuts and tree nuts in any food preparation.

FISD designates separate cooking equipment, knives, and toasters to serve our students with gluten sensitivities.

A certified Ingredient Expert is available daily to answer all questions regarding the menu and food ingredients.

FISD team members complete food allergy training through the Food Allergy Research & Education (FARE) Institution. Each school receives FARECheck Silver Certification annually and completes ongoing monthly allergy trainings.

### What is our process for managing food allergies?

We have a thorough process for tracking and recording food allergens throughout the food preparation process which includes:

- Maintain menus, recipes, production sheets, and product labels on file.
- Review package labels for every ingredient of every recipe daily prior to meal service.
- Prevent cross-contamination of allergy foods by utilizing designated equipment and service areas.

### How are food allergies communicated?

The FISD allergen board is our standard form of daily communication regarding the top 9 allergens, plus gluten.

The Ingredient Expert is responsible for reviewing all recipes, ingredients, and products and update the allergy board with the most accurate information prior to meal service. All questions should be directed to the Ingredient Expert.

### How do we accommodate special dietary needs?

Upon request, the Ingredient Expert will prepare a safe plate when a student requires assistance with meal selection.

When a student presents with multiple dietary restrictions, the Wellness Dietitian is available to collaborate on a specialized menu that appropriately and reasonably meets the student's needs.