



# LUDLOW-TAYLOR

Food and Nutrition Policy

DC Public Schools Introduction: The District of Columbia Public Schools (DCPS) plays a critical role in promoting student health. Studies have shown that school health programs can positively affect educational and health outcomes. A school environment that encourages the overall health of students and provides tools that lead to lifelong patterns of healthy behaviors is integral to a student's ability to learn and focus. The Centers for Disease Control and Prevention (CDC) and the Association for Supervision and Curriculum Development (ASCD) developed the Whole School, Whole Community, Whole Child (WSCC) model, which provides a framework for integrating health-promoting practices. The model focuses on a school-wide approach to supporting the whole child, through a collaborative approach to health and learning to improve cognitive, physical, social and emotional development, and maximize success. With the 2017 revision of the Local Wellness Policy (LWP), DCPS has embraced and adapted this model to frame efforts to support DCPS students. Questions about this policy shall be directed to [dcps.policy@dc.gov](mailto:dcps.policy@dc.gov).



## LTES Food/Nutrition Policy

In compliance with the 2010 Health Schools Act (HSA), and in coordination of our school health and wellness model, Ludlow-Taylor ES will be making the following modifications to our community gatherings and classroom activities for the 2018-2019 school year:

### Birthday Parties:

- Birthday parties will be moved to monthly celebrations, the third Friday of every month, to celebrate the birthdays of all students from a particular month. During these celebrations, teachers will work with families to coordinate treats that comply with the LTES Food Allergy Policy, as well as activities for the class to celebrate. If requested by a family, cupcakes will be permitted on this particular date.
- On exact birthday dates, non-food items are permitted.
- With the addition of morning announcements, all student birthdays will be announced over the loud speaker, with summer birthdays spread throughout the last two weeks of school

### Incentives:

AT LTES, our goal is to promote intrinsic motivation. When incentives are utilized to reward students, staff members will utilize non-food items such as, but not limited to: added movement breaks, additional recess, stickers, coloring pages, school supplies, certificates, etc.

### Special Events:

For designated school-wide events including: Halloween, Winter Holiday Celebrations, and Field Day, a limited number of treats will be made available that comply with the LTES Food Allergy Policy.

### Grade-Level Celebrations:

For all grade level celebrations (publishing parties, student work showcases, etc.), all provided or donated snacks are required to fall under the USDA health snacks guidelines (such as popcorn, fruit cups, pita chips, baked chips, etc.), comply with the LTES Food Allergy Policy, and/or include non-food items.

### Special Events (not counting evening activities):

For designated school-wide events including: Halloween, Winter Holiday Celebrations, and Field Day, a limited number of treats will be made available that comply with the LTES Food Allergy Policy.



### LTES Food Allergy Policy

August 20<sup>th</sup>, 2018

Food Allergy Policy: Food related allergies, especially allergies related to nuts, can be life threatening for children with those allergies. As such, Ludlow-Taylor ES is a nut free school. Please do not send nuts, nut spreads, foods containing nuts to school with your child. Accommodations can be made for a “nut-zone” on a case by case basis, as approved by a student’s teacher and Principal Smith.

Recognizing the importance of this change, we are asking families to support us in taking immediate next steps:

1. For all parents, please ensure all student allergies are explicitly communicated to teachers (**please complete the attached form** and turn into your homeroom teacher as soon as possible – this is for all parents)
2. For parents with students with food allergies, please make sure all information and prescriptions with **Nurse Fraser** and with **Mrs. Thomas** (for students in afterschool) is up to date
3. Review the list of banned foods (attached)
4. Review parent, student, nurse, administration and teacher responsibilities on the following page

As a school team, we recognize that these are dramatic shifts, but would not be doing so unless there was a serious need to ensure the safety of all students at LTES. Please feel free to reach out to Meghan Musselman ([mmusselman@hudco.com](mailto:mmusselman@hudco.com)), Tricia Jefferson ([tg.jefferson@gmail.com](mailto:tg.jefferson@gmail.com)) or myself ([Andrew.Smith2@dc.gov](mailto:Andrew.Smith2@dc.gov)) with any questions or concerns.

We appreciate your support in this effort moving forward.

Sincerely,

Andrew Smith  
Principal



### LTES Food Allergy Policy:

Food related allergies, especially allergies related to nuts, can be life threatening for children with those allergies. As such, Ludlow-Taylor ES is a nut free school. Please do not send nuts, nut spreads, foods containing nuts to school with your child.

Please ensure these foods are no longer included in food sent to school (peanuts and tree nut products): The following information is taken from FARE (Food Allergy Research and Education). More information can be found at <https://www.foodallergy.org/common-allergens>:

#### **Peanut Products:**

- Foods to Avoid:
  - Arachis oil (another name for peanut oil), Artificial nuts, Cold-pressed, expelled or extruded peanut oil, Goobers, Ground nuts, Lupin (or lupine)—which is becoming a common flour substitute in gluten-free food. Mandelonas (peanuts soaked in almond flavoring), Mixed nuts, Monkey nuts, Nut meat, Nut pieces, Peanut butter, Peanut flour, Peanut protein hydrolysate
- Foods to double check before sending:
  - Candy (including chocolate candy), Chili, Egg rolls, Enchilada sauce, Glazes and marinades, Ice creams, Marzipan, Nougat, Pancakes, Pet food, Sauces such as chili sauce, hot sauce, pesto, gravy, mole sauce and salad dressing, Specialty pizzas, Sunflower seeds, Sweets such as pudding, cookies, baked goods, pies and hot chocolate, Vegetarian food products, especially those advertised as meat substitutes

#### **Tree-Nut Products:**

- Foods to Avoid:
  - Almond, Artificial nuts, Beechnut, Brazil nut, Butternut, Cashew, Chestnut, Chinquapin nut, Coconut, Filbert/hazelnut, Gianduja (a chocolate-nut mixture), Ginkgo nut, Hickory nut, Litchi/lichee/lychee nut, Macadamia nut, Marzipan/almond paste, Nangai nut, Natural nut extract, Nut butters (e.g., cashew butter), Nut distillates/alcoholic extracts, Nut meal, Nut meat, Nut milk (e.g., almond milk, cashew milk), Nut oils (e.g., walnut oil, almond oil), Nut paste (e.g., almond paste), Nut pieces, Pecan, Pili nut, Pine nut (also referred to as Indian, pignoli, piñolia, pignon, piñon and pinyon nut), Pistachio, Praline, Shea nut, Walnut
- Foods to double check before sending:
  - Cereals, crackers, cookies, candy, chocolates, energy bars, flavored coffee, frozen desserts, marinades, barbeque sauces and some cold cuts, such as mortadella



**LTES Community Responsibilities:**

To ensure the safety of all students at LTES, we recognize that a community effort is needed. Please review the list of responsibilities below

Community Member:	Responsibilities:
Students:	<ul style="list-style-type: none"> <li>• Awareness and respect for classroom allergies</li> <li>• Self-advocacy (as needed)</li> <li>• Honor school-wide food policies</li> </ul>
Parents:	<ul style="list-style-type: none"> <li>• Action plan for anaphylaxis updated yearly in the nurse’s office</li> <li>• Provision of EpiPen with prescription label to nurse</li> <li>• Food Allergy Form turned into homeroom teachers</li> <li>• Empower children to effectively communicate food allergies</li> <li>• Honor school-wide food policies</li> </ul>
Teachers:	<ul style="list-style-type: none"> <li>• Class-wide list of food allergies</li> <li>• Parent/student communication</li> <li>• Classroom and field trip supervision of known food allergens</li> <li>• Zero food/snacks allowed in specials</li> <li>• Emergency protocol procedures followed</li> <li>• Honor school-wide food policies</li> </ul>
Administrators:	<ul style="list-style-type: none"> <li>• Implement and supervise school-wide food policy</li> <li>• School-wide student emergency protocol posted with allergies and symptoms</li> <li>• Incident documentation</li> <li>• Supplemental EpiPen control</li> </ul>
Nurse:	<ul style="list-style-type: none"> <li>• Staff training on food allergies/ anaphylaxis (next staff meeting)</li> <li>• Maintain student action plans for anaphylaxis</li> <li>• Teacher collaboration to ensure comprehensive allergy lists</li> <li>• Honor school-wide food policies</li> </ul>



LTES Student Food Allergy Disclosure

If your child has a food allergy that you would like to disclose to the student's homeroom teacher, please complete this form and return promptly after enrollment or after the start of school. Note that medical authorizations/action plans completed by a physician are submitted separately to the school nurse.

Student Name: \_\_\_\_\_

Classroom Teacher: \_\_\_\_\_

My child does not have any known food allergies

My child has the following food allergies that the District should be made aware of:

Food Name

Nature of the Allergic Reaction

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I understand that since I am providing this information without documentation of a food allergy from a physician, this information will NOT be included in my child's health record. If I have physician's documentation of my child's food allergy(ies), I will submit it to the school so that the information may be included in my child's health record.

\_\_\_\_\_  
Parent Name (Please Print)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature