# 1. Summary of Recommendations

**As it is impossible to guarantee an allergen-free school environment, a guide to the best practices for the management of food allergies in schools is essential to reduce the risk of allergen exposure and avoid potential complications of anaphylactic reactions.**

This *Guide to the Best Practices for Managing Food Allergies in Montreal Elementary Schools* aims to harmonize practices and define roles and responsibilities of those operating in the healthcare and school networks with respect to managing food allergies in Montreal elementary schools.

The following recommendations are designed to improve the management of food allergies in school settings:

**Identification of students**

- Identify students with allergies, disseminate information about these students to school employees and standardize signage to quickly find relevant information in case of an emergency;
- Raise awareness of the severity of food allergies with all students.

**Preventive measures**

- Clean the tables tops before and after meals and snacks;
- Recommend that allergic students eat on a clean placemat;
- Recommend that students with allergies sit at the same place during meals/snacks and avoid using the microwave oven;
- Recommend that all students wash their hands with soap and water before and after meals/snacks;
- Forbid all students from sharing food, drinks, containers, water bottles and utensils;
- Inform parents of children with allergies about any food offered at school;
- Forbid all students from eating in the school bus;
- Inform and sensitize school employees, parents and students of preventive measures put in place.

**Training**

- Allow school employees to attend training sessions offered by school nurses.

**Emergency measures**

- Have an emergency measures plan in place and ensure its review with all school staff.

**Storage of medication**

- Store epinephrine auto-injectors in locations that are easily accessible to school employees and to keep additional auto-injectors at school (junior and regular doses).;

These recommendations are detailed in the *Guide to the Best Practices for Managing Food Allergies in Montreal Elementary Schools*. The roles and responsibilities of all parties involved are also defined. Useful tools are provided in the appendices to facilitate implementation of this guide, such as several interactive forms.