

If your student has a life-threatening food allergy, it is important to build a team of key individuals at school who can help safely manage your child's needs. Start by contacting your school nurse to discuss implementing an allergy action plan. The school nurse can work with parents and health care providers to develop a health care plan to meet the unique needs of each student.

The school nurse can also assist with outreach to teachers, coaches, school nutrition, transportation and maintenance staff and others to discuss dietary restrictions and methods for safely managing your child's food allergy at school.

School cafeterias must provide food substitutions for students whose food allergies constitute a "disability." The student must provide a statement, signed by a licensed physician, which identifies the disability, explains why the disability restricts the child's diet, and lists the foods to be omitted from the child's diet and recommendations for alternate foods. Visit [FoodAllergy.org](http://FoodAllergy.org) for more information.

Individual meetings can be arranged with the Director of Food Services, Jacqueline Morgan, at your child's school to review the menus and work together to come up with a plan for your child and his/her allergies. You can contact [jmorgan@miltonps.org](mailto:jmorgan@miltonps.org) to schedule an appointment.