

Central UMC Food Allergy Awareness Policy

This Policy is established to protect members of our Central family and those who are served food in Central who have food allergies. Central is affirming that it is an Allergy Aware Church. The Policy recognizes that there are many different events where food is served in Central. For some events food is prepared on the premises, where there can be tight control. At other events food is brought in by volunteers, where there is less control. It also recognizes, with the number of groups and types of events, there is a need to be flexible.

To help those with other food allergies Allergy Cards are to be filled out and displayed by the food being served for all events.

1. Food preparers should be aware of the ingredients that are in the items they are preparing and be prepared to fill out an allergy card to identify products with possible allergens.
2. The disclaimer for food 'prepared in the same facility as nuts, soy, wheat, etc' should be displayed with the appropriate food if applicable.

Despite all the best efforts to be Allergy Aware, we recognize that this policy cannot guarantee that products with nuts will not be served, and that all allergy items will be accurately listed on the Allergy Cards. As a result people with food allergies and parents of children with food allergies are to be responsible and diligent in protecting themselves and their children when they are at Central.

I. All Inclusive Events – Open to everyone – congregation and visitors (e.g., Shepherd's Supper, Café Central, Advent and Lenten Dinners, Church Picnic, Youth Center)

- 1) Allergy cards to be filled out
- 2) Because peanut and nut allergies present a unique set of circumstances, Central's goal is to eliminate nuts and nut products from being served in any food products in the Church, Education buildings, and the church van, whether prepared on site or brought in.
- 3) Serving of snacks in the classrooms and youth events is permitted but snacks that are served must be approved by the Director of Christian Ed
- 4) Ensure that proper Clean-up procedures are followed after the event, to ensure the safety of all food products and eliminate the possibility of cross-contamination, including the wiping down of tables and backs of chairs.

II. Special Circumstances: (Allergy Cards to be Filled Out)

- 1) **Bake sales** - Nut content products are permitted provided they are properly labeled and wrapped to protect those with allergies from coming into contact with the product.
- 2) **Special Group Events - attended by a portion of our congregation - serving of nuts is permitted (e.g., Private parties, small church groups, Blood Drives, Outside Groups)**
 - a) Prior to hosting the event, and during communication of the event, disclosure that Nuts will be served at the event is to be made. This will give advance warning to those with allergies.

- b) Ensure that proper Clean-up procedures are followed after the event, to ensure the safety of all food products and eliminate the possibility of cross-contamination, including the wiping down of tables and backs of chairs.

III. Emergency Procedures:

- 1) Establish Emergency procedures for food allergy reactions. A simple list of “What to do in an Emergency” as well as a list of members of the church with First Aid, CPR and other appropriate certifications will be posted in the Sunday School classrooms, main office and kitchen areas.
- 2) Parents of children with allergies must submit an emergency plan to church office. A copy of the plan will be placed in the child’s SS room and in the kitchen. The plan should include a way to immediately provide emergency treatment and how to contact a parent.

IV. Communications

- 1) Communicate on an ongoing basis in Newsletters and Bulletins the importance of adherence to the policy due to the extreme reactions those with food allergies can have and that sensitivity is becoming more common and more serious and that we currently have a precious child who has an extreme allergy to nuts.
- 2) The following key items are to be communicated on an ongoing basis to the congregation as well as all users of church facilities. These items will be reinforced prior to all activities that would require people to bring food in:
 - a) Foods are to be served with the Food Allergen card displayed to identify allergens. The information for Food Allergens is located on the label of packaged products.
 - b) Foods served in Central for most events, including those foods prepared outside Central, are to be nut and nut product free.
 - c) Food preparers are reminded to review information on nut or nut oil content on packaged products.
- 3) Despite best efforts Central cannot guarantee that food will be nut-free or that Food Allergen cards will be filled out properly. Those with food allergies should continue to be diligent.
- 4) Proper food serving and clean-up instructions will be prominently posted in the Kitchen.

V. Other Circumstances

- 1) In those rare occurrences where food with nuts is brought in, the food will be allowed to be served with the following provisions:
 - a) Segregate the food, and clearly mark that it has nuts in it
 - b) Communicate that to the attendees of the event, so they can avoid it.
 - c) Ensure that proper Clean-up procedures are followed after the event, to ensure the safety of all food products and eliminate the possibility of cross-contamination, including the wiping down of tables and backs of chairs.