

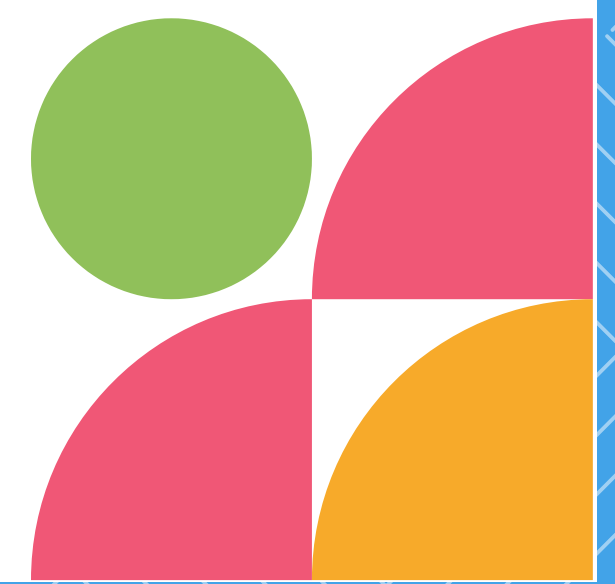
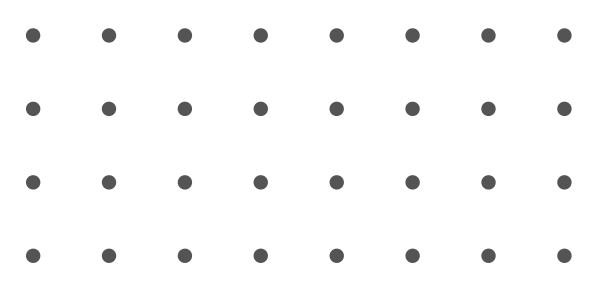
# FOOD ALLERGENS AWARENESS

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Process Improvement Project for Kettering  
School District

Allison Benjamin, Karen Casey  
Jonathan Huitger

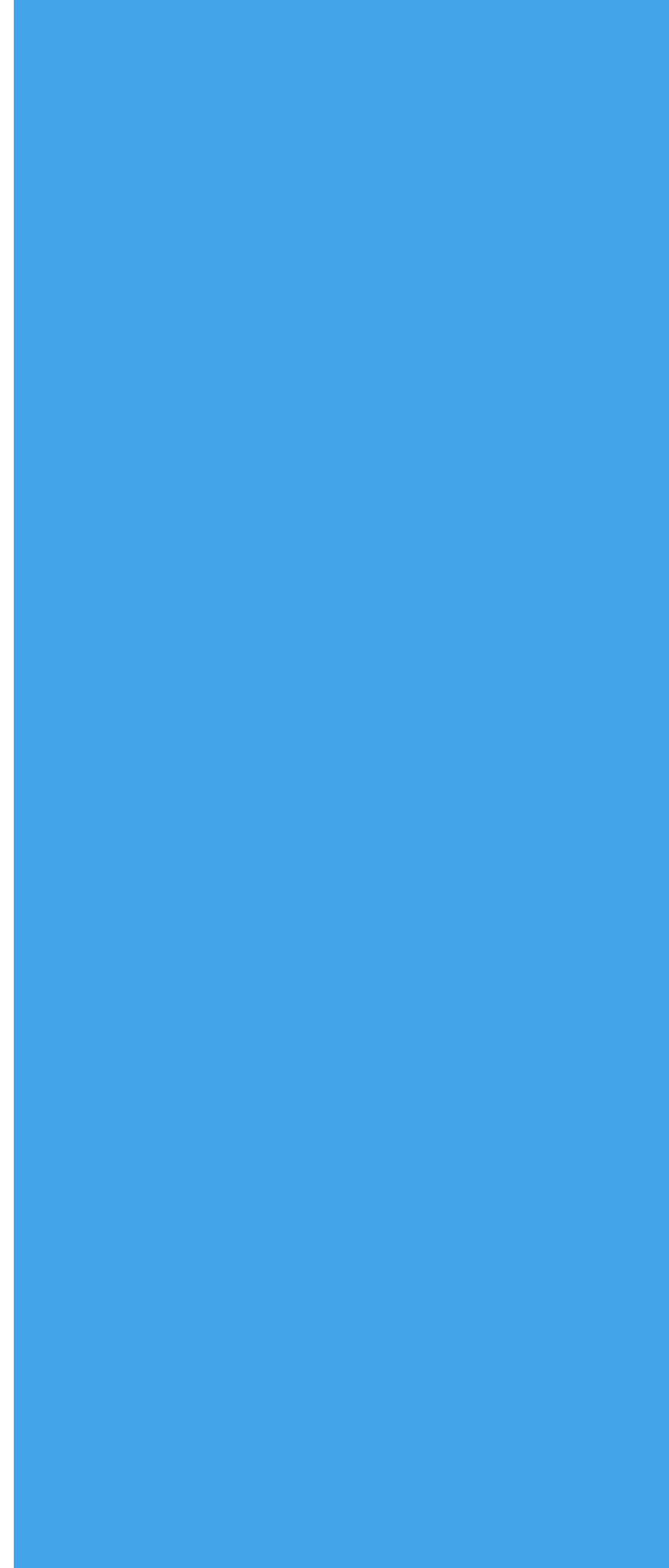
January 30, 2025



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# PROJECTS COMPONENTS

1. Problem Identified
2. Goals
3. Action Plan
4. Implementation
5. Results
6. Limitations
7. Summary





# PROBLEM IDENTIFICATION

There was an observation made during the Kettering School District Kitchen Managers' Monthly Meeting on September 2024

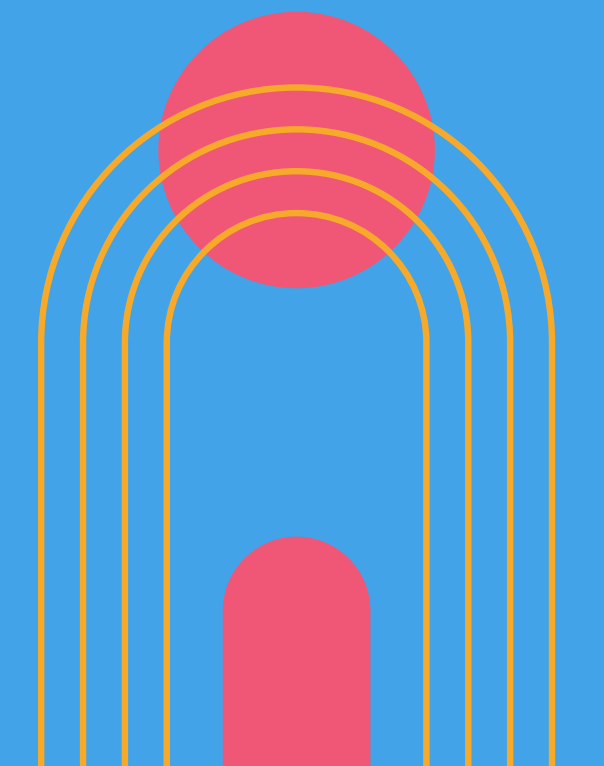
The kitchen managers were uncertain about the school system's food allergy policies and protocols



**PROTOCOLS**

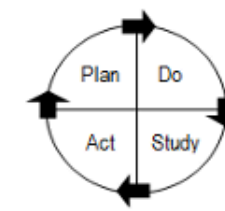
# Goals

1. Review the policies and procedures in the event an allergic reaction to a food allergen occurs
2. Increase the awareness of the 9 common food allergens
3. Be able to identify, utilize, and locate resources on common food allergens.
4. Limit cross-contamination
5. Be able to identify symptoms of allergic reaction to food





# Food Allergy PDSA Summary

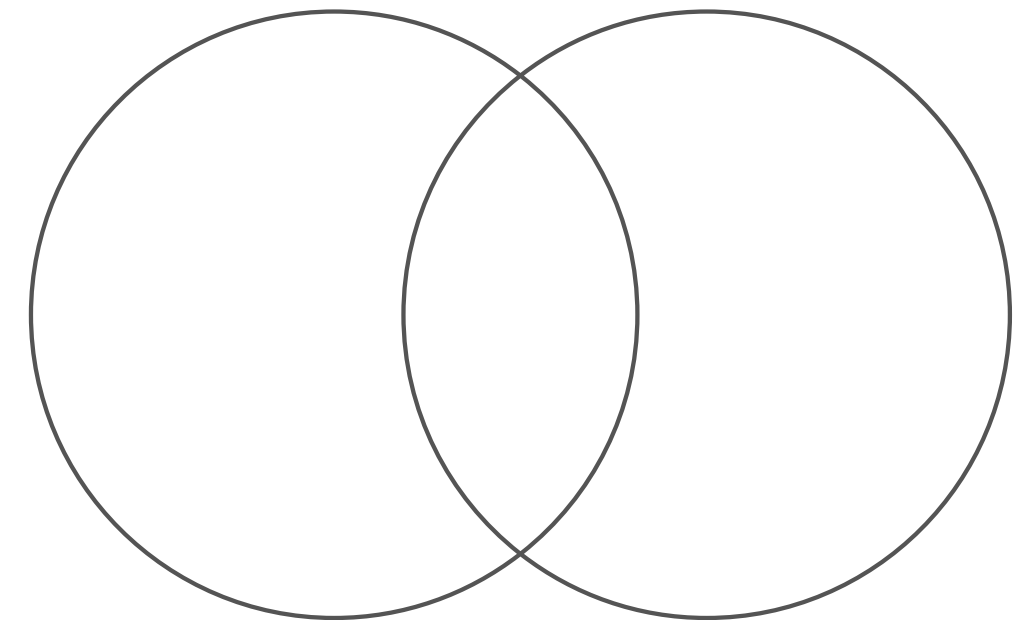


Intervention	Key Driver	Test Cycle 1 Evaluate Current State	Test Cycle 2 Fill Knowledge Gaps	Future Steps Continuous Training
<p><b>Food Service Director Staff Communication</b> (Owner: <b>Mary Lynne Bierman</b>)</p>	<p>Reinforce the Importance of Food Allergy Awareness &amp; Training</p>	<p>Date: January 23, 2025</p> <p>Plan Summary: Interview FS Director Do: Develop a survey about food allergens Study- Results: Research school food service food allergy federal/state laws and policies Act:                      1. Send Survey out to all Kitchen Managers                      2. Facilitated Interview of District Head Nurse (Patina)</p>	<p>Date: January 27, 2024</p> <p>Plan Summary: Compile <u>Interview and Survey</u> Results Do/Study: Pinpoint knowledge gaps that annual allergen awareness training does not fill. Act:                      1. Decision to prioritize elementary schools as the place to effect change                      2. Decision to conduct in school in-service</p>	<p>Date: TBR</p> <p>Plan Summary: Continuous Training Do: Conduct Food Allergen Response Training at Monthly Staff Meeting Study- Results: Train at least 75% of Food Service Managers on Response Plan-Prediction: Increase awareness of how to respond to a food allergy emergency Act:                      1. Train at least 75% of Food Service Managers on Response                      2. Verify Training through Post-Test</p>
<p><b>Food Allergy Infographic &amp; In-Service</b> (Owner: <b>Kitchen Managers</b>)</p>	<p>Need for Rapid Access of Food Allergy Resources &amp; Response Plan</p>	<p>Date: January 24, 2025</p> <p>Plan Summary: Observation of school kitchen practices and knowledge Plan-Prediction: Identify process gaps Study- Results: Evaluate content of existing posters and signs Act: Ask about response plan, Verbally describe Infographic concept to kitchen managers</p>	<p>Date: January 29, 2024</p> <p>Plan Summary: <u>Plan In-service</u> at at least 1 Elementary school to explain common allergens Plan-Prediction: Increase kitchen staff knowledge of common allergens by from 70% to 100% [survey result] Do: Conduct in-service at 3 schools; reinforce usage of school district online menus as allergen resource Study- Results: Post Test kitchen staff on knowledge after in-service Act: Post infographic on kitchen wall</p>	<p>Date: TBR</p> <p>Plan Summary: Repeat In-service at all schools in the district</p> <p>Do: Train at least 80% of kitchen staff on the top 9 food allergies</p> <p>Study- Results: Improve post test scores by 70% or more</p> <p>Act: Update Infographic if Needed.</p>

## 10 QUESTION PRE- TEST

1. Have you received training on the 9 common food allergies?
2. Can you name the 9 common food allergens?
3. Do you know how to recognize the symptoms of an allergic reaction?
4. Are you aware of the school system's food allergy policies and protocols?
5. How do you avoid accidental cross-contact and cross contamination of ingredients that can cause an allergic reaction?
6. Do you know how to find the allergen information on the food that is served?
7. If yes to question 6; How frequently do you access that information?
8. Do you have resources readily available at your site to address questions about allergens?
9. Are substitutions or alternative products used to accommodate students with allergies?
10. Is there any additional input about how you manage around your kitchen that was not already asked in this survey?

# FOOD ALLERGEN ASSESSMENT (PRE-TEST)





# Interactive Menu Training

Translate

**Lunch \$2.50, reduced N/C**  
**Breakfast \$1.65 reduced, N/C**

*Chicken Patty on Bun*  
*(daily vegetables and fruits and milk are available with all choices)*

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Bananas and Grapes Blueberries, Strawberries and other assorted fruit choices!!</p> <p>Corn Dog Baked Beans Steamed Carrots Orange Halves 1% Milk or FF Milk Assorted Fruit &amp; Veggie Options (hot and cold)</p>	<p>4 Chicken Nuggets Macaroni &amp; Cheese Broccoli Florets Fresh Grapes 1% Milk or FF Milk Assorted Fruit &amp; Veggie Options (hot and cold)</p>	<p>5 Managers Choice Assorted Fruit &amp; Veggie Options (hot and cold) 1% Milk or FF Milk</p>	<p>6 Cinnamon Glazed French Toast Sausage Patty Hashbrown Patty 100% Apple Juice 1% Milk or FF Milk Assorted Fruit &amp; Veggie Options (hot and cold)</p>	<p>7 Calzone, Mini Pepperoni Romaine Salad Sliced Apples 1% Milk or FF Milk Assorted Fruit &amp; Veggie Options (hot and cold)</p> <p> Wear your favorite team Jersey</p>
<p>10 Big Cereal Breakfast Cheese Omelet Tater Puffs Juice: Orange 100% Juice 1% Milk or FF Milk Assorted Fruit &amp; Veggie Options (hot and cold)</p>	<p>11 Taco Building Day Black Beans Salsa Banana 1% Milk or FF Milk Assorted Fruit &amp; Veggie Options (hot and cold)</p>	<p>12 Pepperoni Ripper Grape Tomatoes Baby Carrots Ranch Dip Pears 1% Milk or FF Milk Assorted Fruit &amp; Veggie Options (hot and cold)</p>	<p>13 Popcorn Chicken Pasta Alfredo Steamed Broccoli 1% Milk or FF Milk Strawberry Shortcake Assorted Fruit &amp; Veggie Options (hot and cold)</p>	<p>14  Teacher Inservice Day</p>
<p>17  Presidents' Day NO SCHOOL</p>	<p>18 Cheeseburger On Bun Crispy French Fries Cherry Tomatoes Baby Carrots Apple Slices 1% Milk or FF Milk Assorted Fruit &amp; Veggie Options (hot and cold)</p>	<p>19 Soft Pretzel Cheese Sauce Celery Sticks W/Peanut Butter Peach Cup 1% Milk or FF Milk Assorted Fruit &amp; Veggie Options (hot and cold)</p>	<p>20 Egg Omelet w/ Colby Cheese Dutch Waffle Hashbrown Patty Orange Juice 1% Milk or FF Milk Assorted Fruit &amp; Veggie Options (hot and cold)</p>	<p>21 3 Cheese Garlic Bread Green Beans Fresh Grapes 1% Milk or FF Milk Assorted Fruit &amp; Veggie Options (hot and cold)</p>

This institution is an equal opportunity provider.  
Menus subject to change based on food availability

**2-7-2025**

**SUPERBOWL LUNCH EVENT**

- 3 point Calzone
- Kick-off Salad
- Endzone Apples
- Extra point POPCORN
- White and Chocolate Milk Blitz

Assorted fresh vegetables offered daily!  
Assorted steamed and roasted vegetables offered daily as well!  
May include: Broccoli, Green beans, Corn, Cauliflower, Baked beans and/or Sweet peas

**COLD ASSORTED MILK AVAILABLE DAILY**  
**1% CHILLED WHITE MILK**



# LACTOSE INTOLERANT

- Lactose is a form of sugar, an ingredient found in milk and cheese
- Some people lack the enzyme that breaks down lactose
- Eating or drinking lactose causes symptoms
- Symptoms: Bloating, gas, stomach upset

**VS**

- Dairy contains a protein that can cause an allergic reaction
- Allergen contact can occur through eating, drinking, touching or breathing the protein
- Symptoms: Difficulty breathing, rash/hives, face/tongue or lip swelling
- Requires immediate attention

# DAIRY ALLERGY



# FOOD ALLERGIES GUIDE

Helpful tips for managing the students food allergies!

## TOP FOOD ALLERGENS

1. Dairy Milk
2. Eggs
3. Fish
4. Shellfish
5. Tree Nuts
6. Peanuts
7. Wheat(Gluten)
8. Soy
9. Sesame



## QUICK RESOURCES FOR LOCATING ALLERGENS INFORMATION AT YOUR FACILITY

1. Interactive Kettering School Menu
2. Food Allergy Excel SS (Ctrl+ Shift + F) Type the name of the food
3. Gordon Food Service Website

## SYMPTOMS OF ALLERGIC REACTION TO FOOD

- Hives
- Flushed skin or rash
- Tingling or itchy sensation in the mouth
- Face, tongue , or lip swelling
- Vomiting and/or diarrhea
- Swelling of the throat and vocal cords
- Difficulty Breathing
- Drop in blood pressure



## CROSS-CONTAMINATION

1. Wash hands and change gloves
2. Use separate utensils
3. Cook allergy-safe foods first

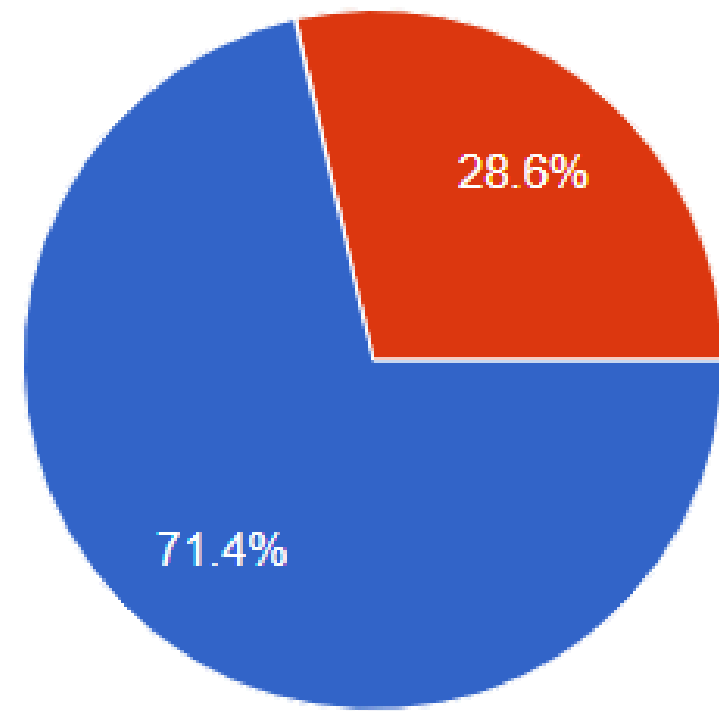


## WHO TO NOTIFY DURING AN ALLERGIC REACTION

1. Notify the Nurse
2. Severe allergic reaction call 911!

Can you name the 9 common food allergens?

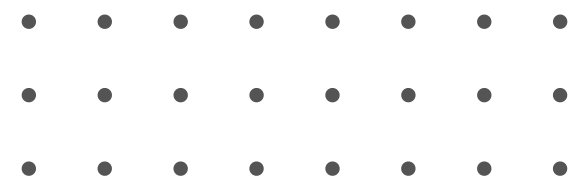
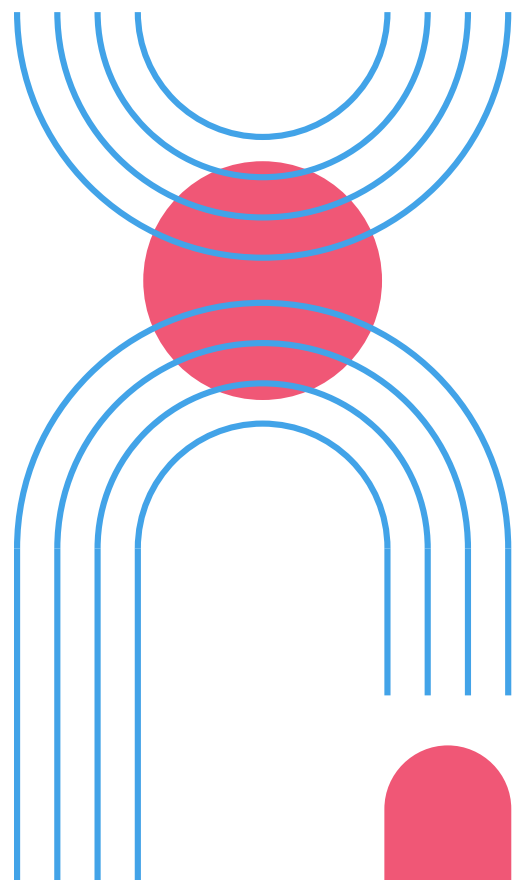
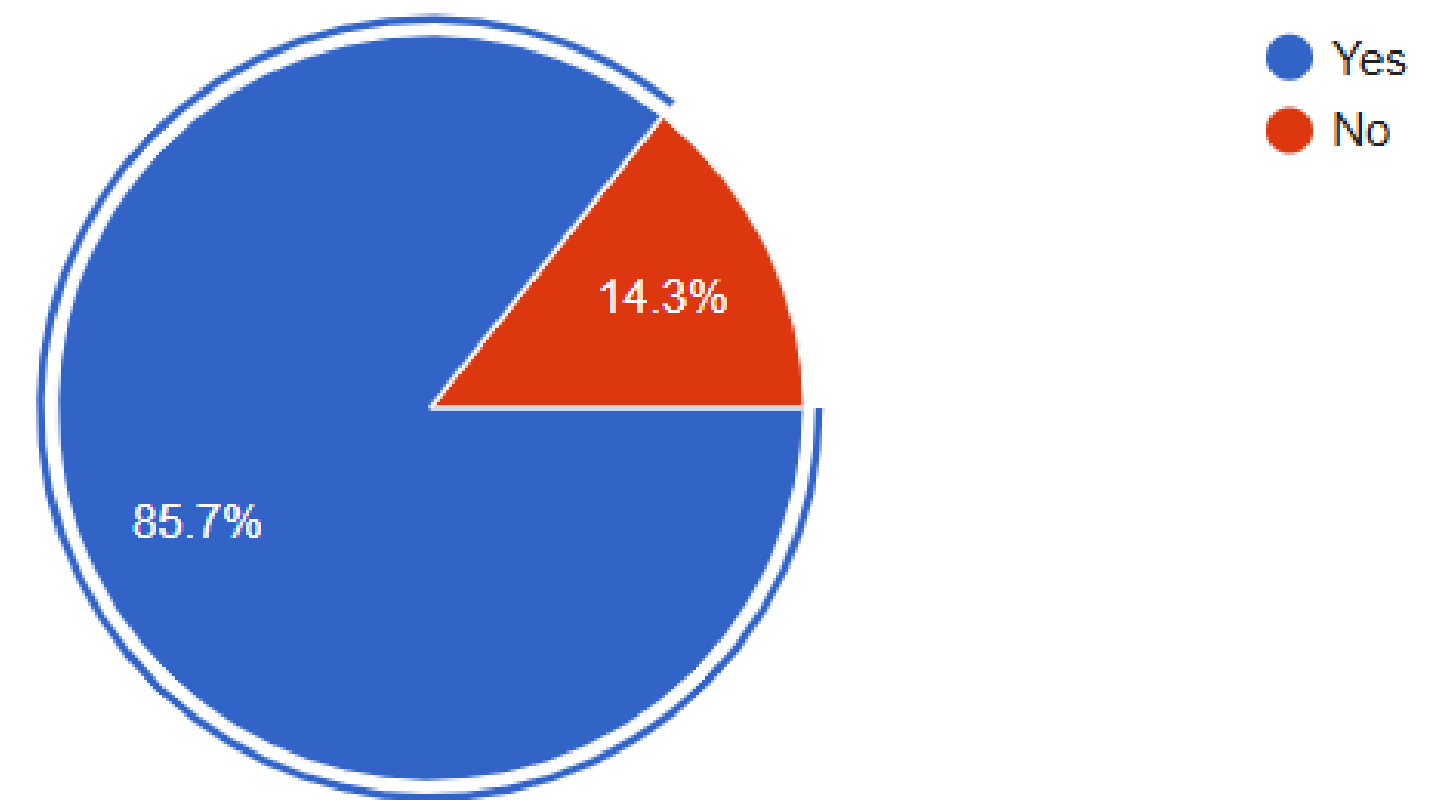
7 responses



# INITIAL SURVEY RESPONSES

Have you received training on the 9 common food allergies?

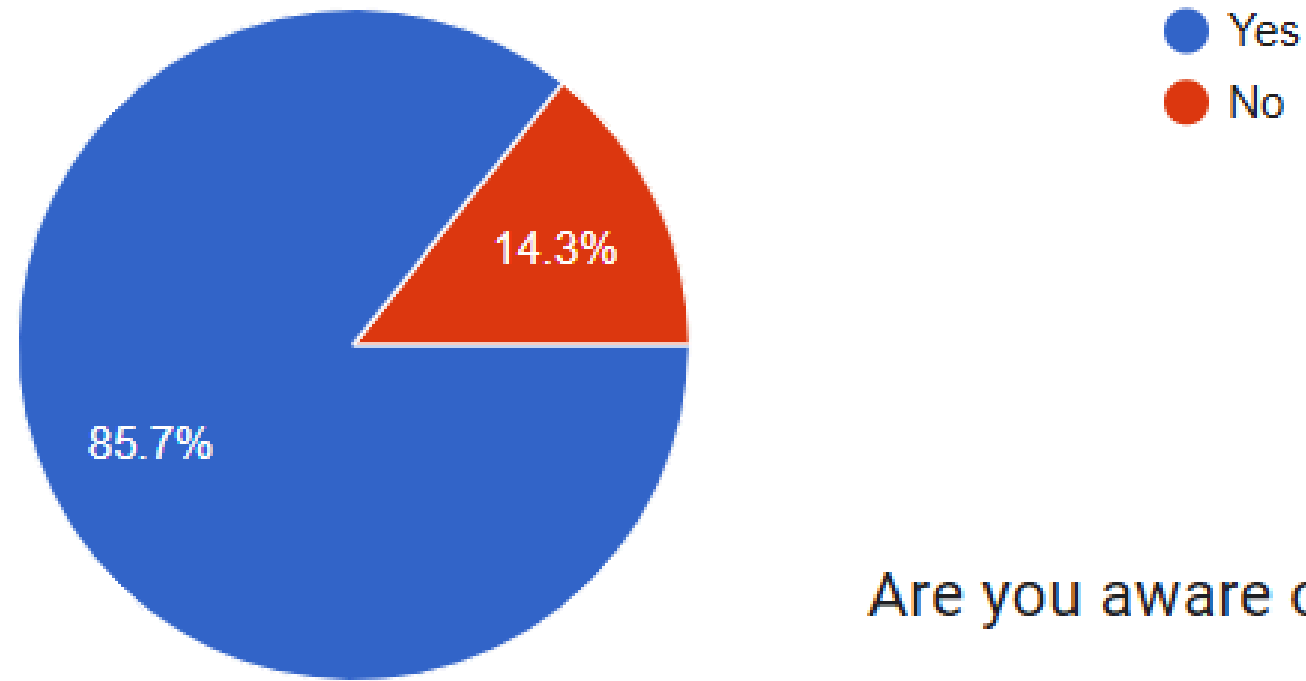
7 responses





Do you know how to recognize the symptoms of an allergic reaction?

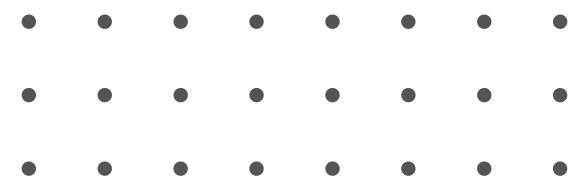
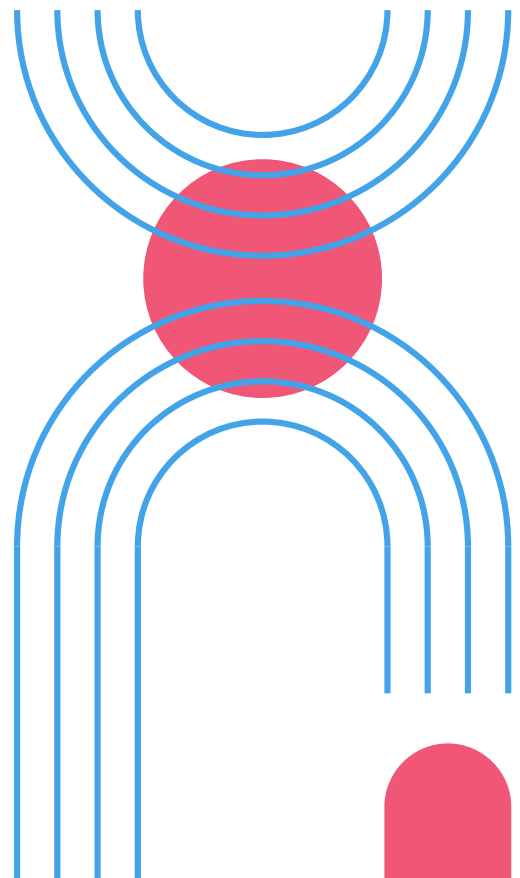
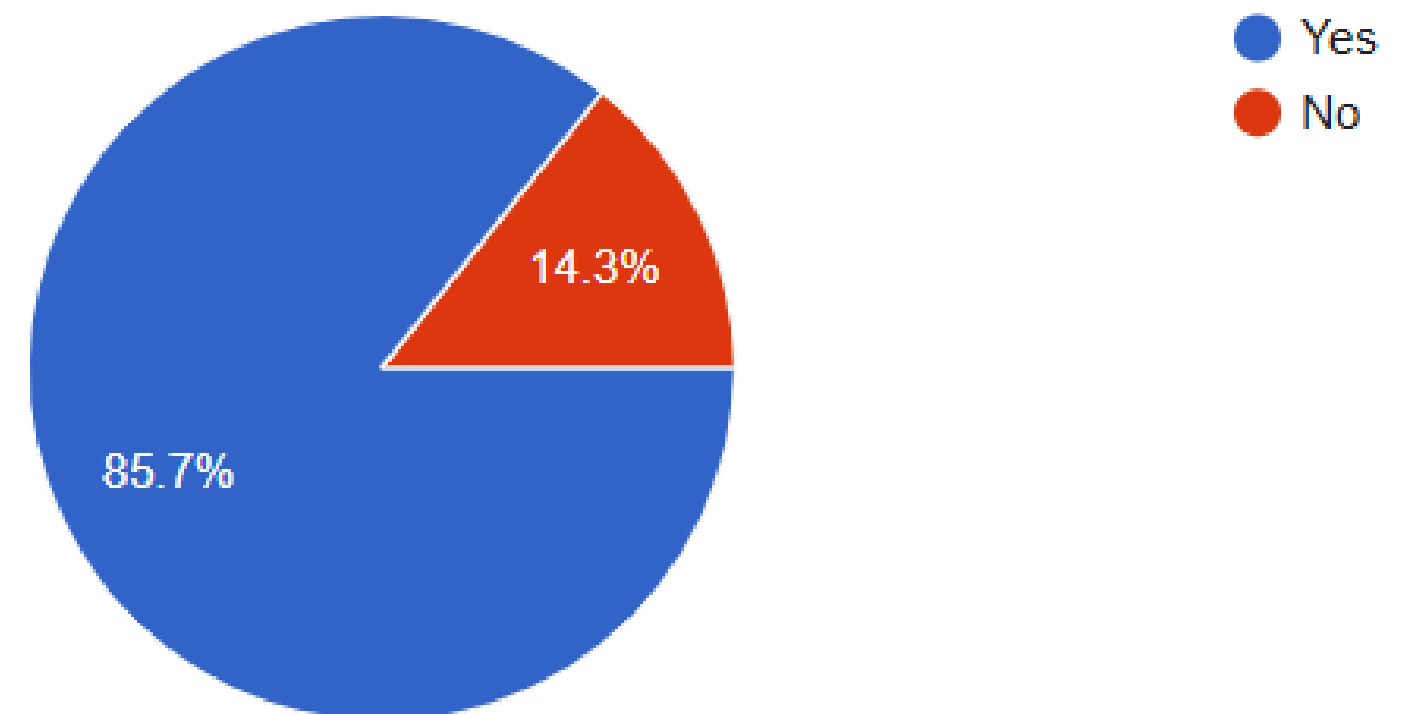
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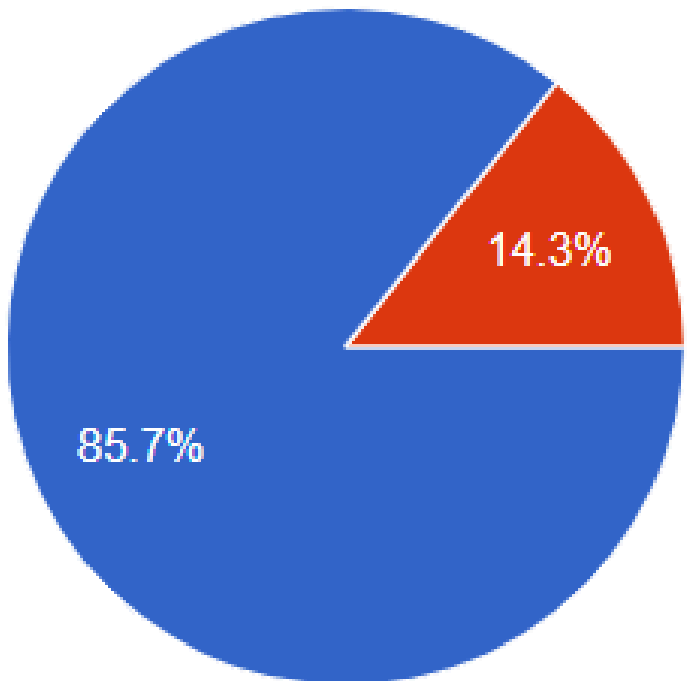
Are you aware of the school system's food allergy policies and protocols?

7 responses



Do you have resources readily available at your site to address question about allergens?

7 responses



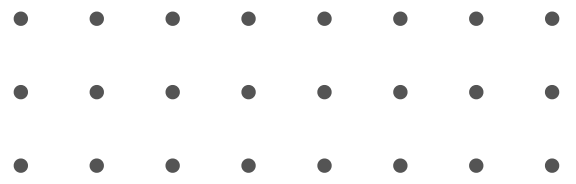
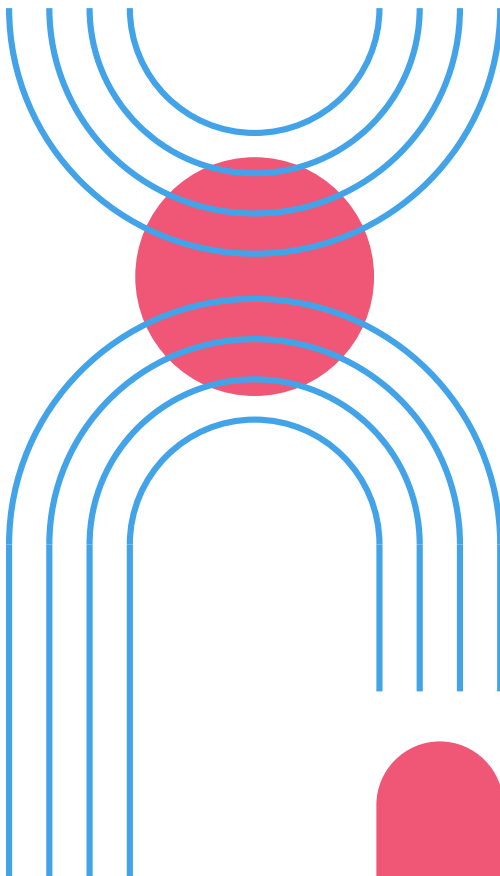
- Yes
- No

# INITIAL SURVEY RESPONSES

If yes to question 6; How frequently do you access that information?

7 responses

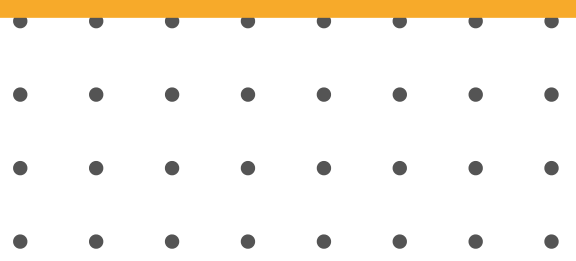
- every day
- once a week
- I check it a few times a week and if a new product I check it before serving
- Old products I use I check frequently to make sure ingredients hasn't changed. New product I always read when ordering and reread when opening the package to prep.
- A few times this school year
- 2-3 times per month
- a couple times a month








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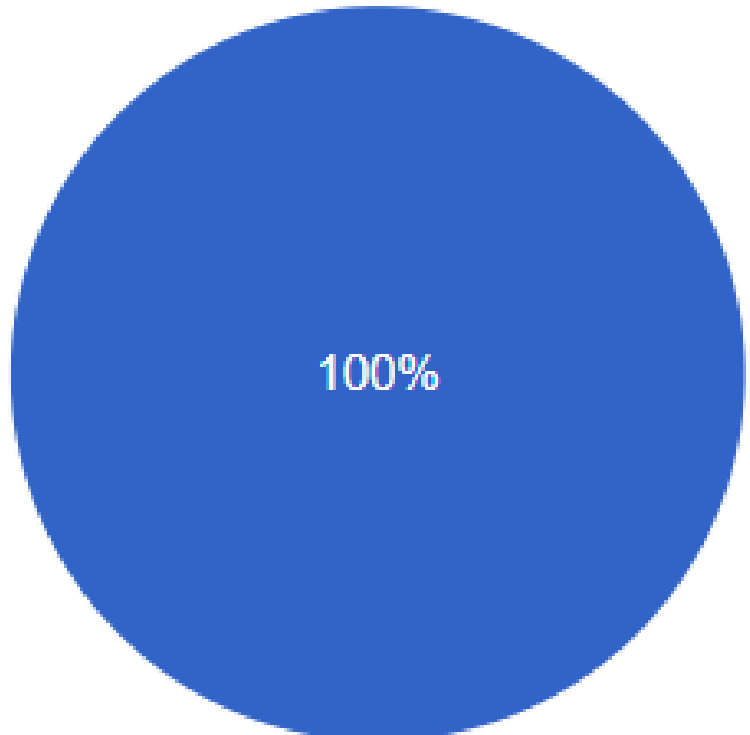
# FOOD ALLERGEN ASSESSMENT (PRE- TEST) RESULTS

- Test was completed after in-service and done verbally among the 3 schools
  - The 3 schools reported 100% accuracy during assessment
  - Kitchen managers report further awareness on food allergies
  - Infographic was provided to all 3 schools to be posted in the kitchens
- 

# FOOD ALLERGY ASSESSMENT POST-TEST: RESULTS

Can you name the 9 common food allergens?

3 responses



● Yes  
● No

Have you received training on the 9 common food allergies?

3 responses



● Yes  
● No



# FOOD ALLERGY ASSESSMENT POST-TEST: RESULTS

Do you know how to recognize the symptoms of an allergic reaction?

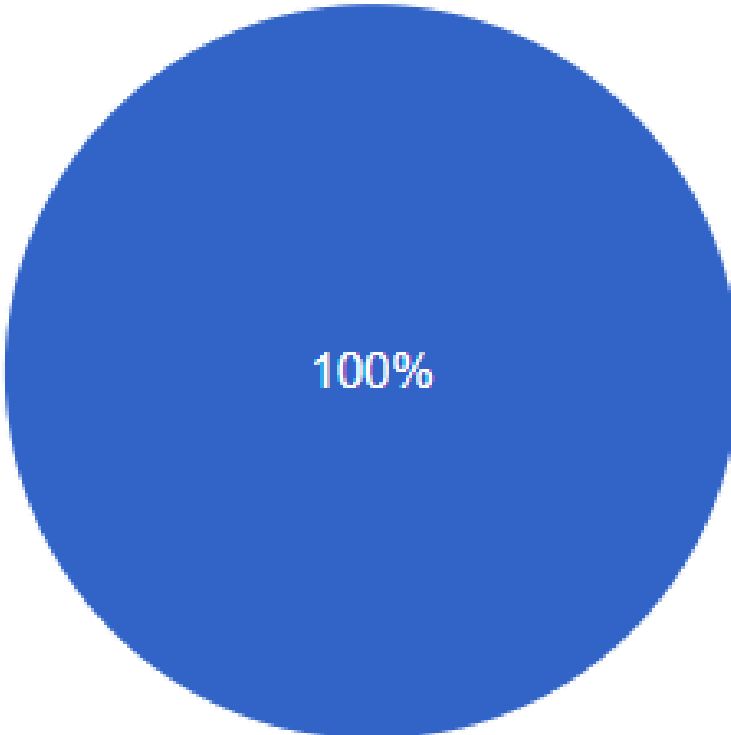
3 responses



● Yes  
● No

Are you aware of the school system's food allergy policies and protocols?

3 responses

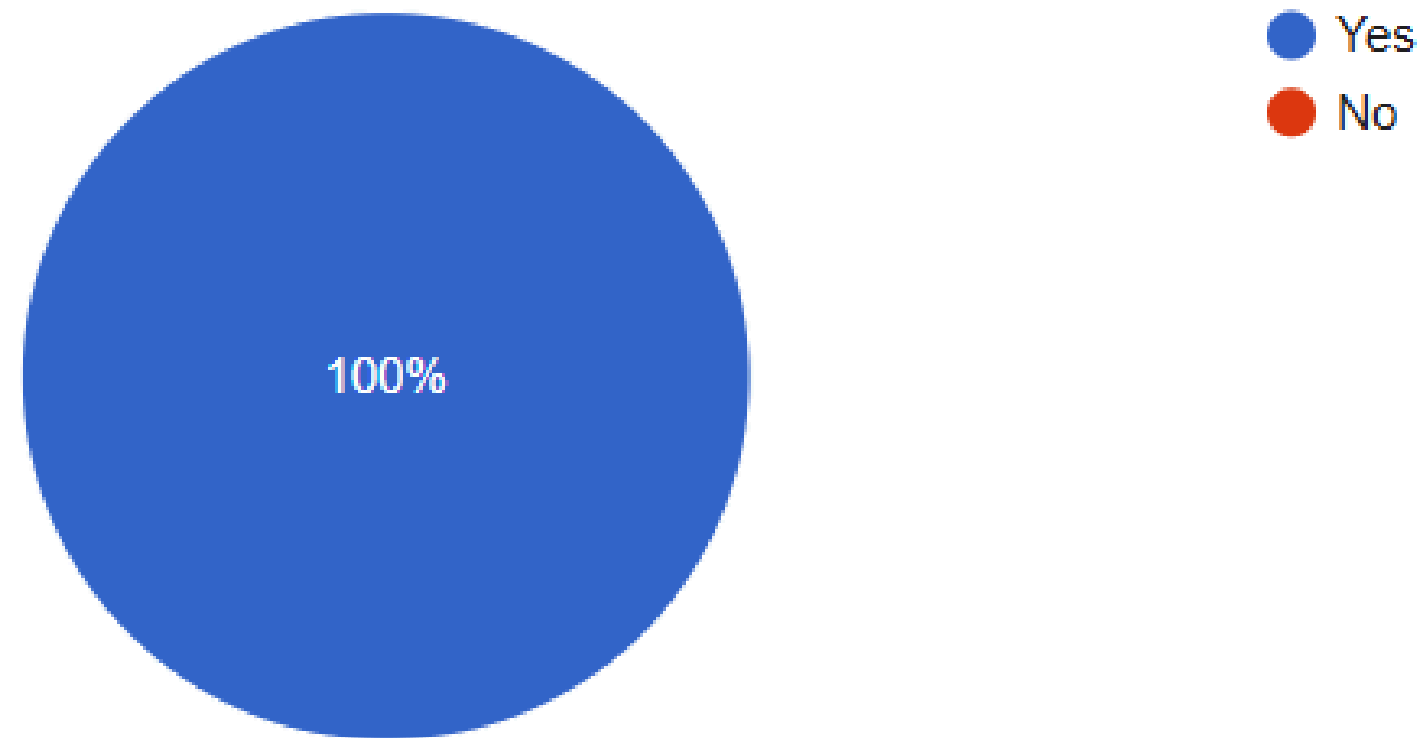


● Yes  
● No

# FOOD ALLERGY ASSESSMENT POST-TEST: RESULTS

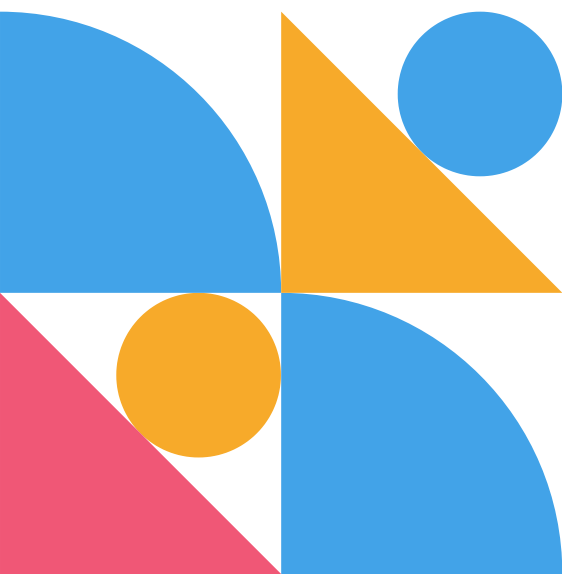
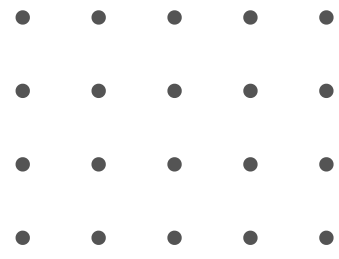
Do you have resources readily available at your site to address questions about allergens?

3 responses



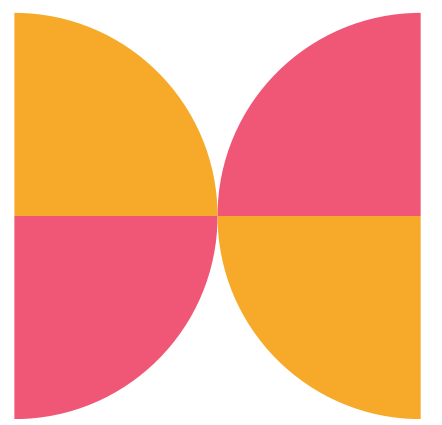
# LIMITATIONS

- **Small Sample Size:** the sample size was limited to six kitchen staff members from each elementary school. This included one kitchen manager plus one staff member from each school.
- **Time constraints:** due to the short duration of the food service rotation , there was not enough time implement the process improvement project among all of the Kettering schools.
- **Bias Risk:** After the in-service we asked the same survey questions verbally in-person. There is a risk for the food service managers and workers to answer a certain way due to us asking questions with them.

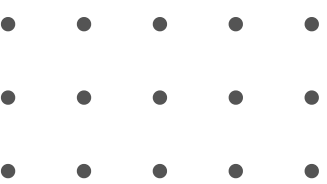


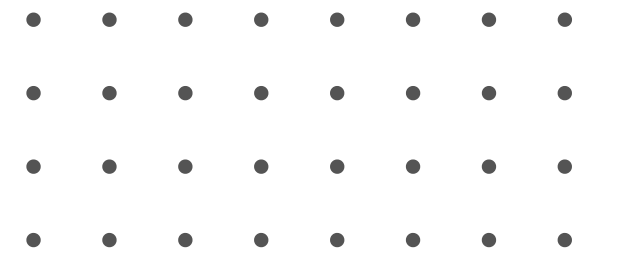
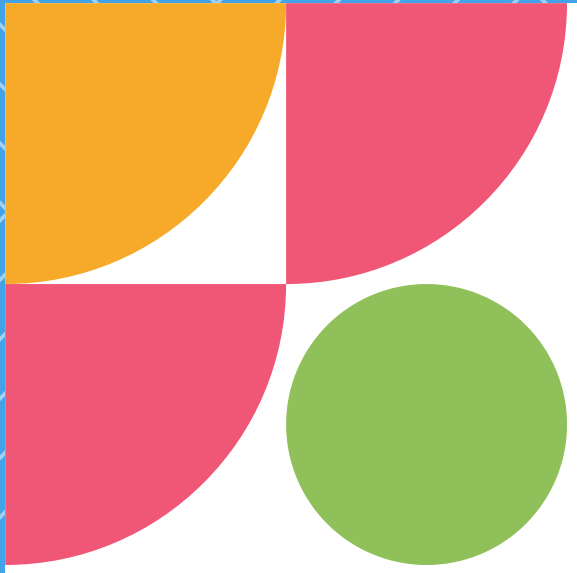


# SUMMARY



1. Determined a problem identified by Mary-Lynne and interns
2. Introduced the topic of food allergies to the kitchen managers
3. Determined the policies and protocols within the Kettering City School District
  - a. Discussed the current procedures with Mary-Lynne (Food & Nutrition) and Nursing
4. Determined our interventions and test cycles
  - a. Measured current knowledge and awareness of food allergy management
  - b. Determined intervention based knowledge gaps captured from the initial survey
5. Conducted an In-service with 3 school kitchen managers to raise allergy awareness
  - a. Created and provided an infographic to post in the kitchen
  - b. Discussed the guide for food allergy management
6. Measured knowledge post in-service
7. Determined future plans to address food allergy awareness within the school district
  - a. Suggest conducting more wide spread in-service meetings





**THANK  
YOU**

**ANY QUESTIONS ABOUT  
THE PROJECT OR FUTURE  
DIRECTION?**

