

Types of Dietary Medical Issues

<u>Severe</u> Includes Children With:	<u>Non-Severe</u> Includes Children With:
<ul style="list-style-type: none"> • A Life-Threatening Food Allergy (i.e. Food Anaphylaxis) 	<ul style="list-style-type: none"> • Non Life-Threatening Food Allergies • Special Dietary Needs
Are children with a severe food allergy considered to have a disability? YES	Are children with non-severe, special dietary needs considered to have a disability? NO
Are food substitutions or modifications required? YES ➤ Food service staff is required by law ¹ to make food substitutions or modifications for children with disabilities.	Are food substitutions or modifications required? NO ➤ The school food service is encouraged but not required to make food substitutions for individual children who do not have a disability, but who are medically certified as having a special medical or dietary need. ➤ Children with special medical or dietary needs include those children who have food intolerances or allergies but do not have life-threatening reactions (anaphylactic reactions) when exposed to the food(s) to which they have problems.
¹ Section 504 – Rehabilitation Act of 1973 ¹ USDA Federal Regulation – 7 CFR 210.10	
Is medical documentation required for children with disabilities? YES ➤ A written medical statement signed by a licensed physician must be provided to the school.	Is medical documentation required for children with special dietary needs? YES ➤ A written medical statement signed by a recognized medical authority must be provided to the school.
What must the physician's statement include? 1) The child's disability. 2) An explanation of why the disability restricts the child's diet. 3) The major life activity affected by the disability. 4) The food or foods to be omitted from the child's diet, and the food or choice of foods that must be substituted.	What must the medical authority's statement include? 1) An identification of the medical or other special dietary condition which restricts the child's diet. 2) The food or foods to be omitted from the child's diet. 3) The food or choice of foods to be substituted.
<p>The Eight Major Allergens Include: Milk, Eggs, Peanuts, Tree Nuts, Wheat, Soybeans, Fish, and Shellfish. These allergens are to blame for 90% of allergic reactions to food, may be severe, and may cause food anaphylaxis in some individuals.</p> <p>Food intolerances such as lactose intolerance and gluten intolerance/sensitivity (Celiac Disease) are not allergies but individuals may have special dietary needs associated with these conditions.</p>	