

### ***Basic rules to apply to ensure the safe monitoring of food-allergic children attending childcare establishments***

When registering a child or when an allergy is detected, set up a meeting of the parents, the person in charge of the food service and the educator. If you suspect that a child has an allergy, ask the parents to consult an allergist. Establish a daily procedure to ensure a safe environment for the child.

During meal and snack times, provide safe foods for the child by following the special prescribed diet and controlling the movement of food in the establishment. Food purchase, storage and preparation are key stages requiring close vigilance. Last, new menu items should only be added in consultation with parents.

Do not use food items for arts and crafts activities or games and make sure that the child carries an epinephrine auto-injector (EpiPen or Twinject) when outside in the yard or on outings. It should be kept in an area where it will not be subjected to temperature changes.

Establish an emergency plan in advance, identifying people's roles in cases of anaphylaxis; do not hesitate to administer the child's prescribed epinephrine auto-injector.

### ***Useful References***

- Association québécoise des allergies alimentaires

[www.aqaa.qc.ca](http://www.aqaa.qc.ca)

- La santé des enfants... en services de garde éducatifs  
Ministère de la Famille et de l'Enfance

[www.publicationsduquebec.gouv.qc.ca](http://www.publicationsduquebec.gouv.qc.ca)

- Anaphylaxis in Schools & Other Settings  
Canadian Society of Allergy and Clinical Immunology

[www.allergysafecommunities.ca](http://www.allergysafecommunities.ca)

- Recettes pour déjouer les allergies alimentaires

[www.dejouerlesallergies.com](http://www.dejouerlesallergies.com)

- Votre carnet d'information sur les allergies alimentaires  
Ministère de l'Agriculture, des Pêcheries et de l'Alimentation

[www.mapaq.gouv.qc.ca](http://www.mapaq.gouv.qc.ca)

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