

Spotlight on Nutrition

Fun, Family Fitness and Nutrition Tips

Mason City Schools

Office of Child Nutrition

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FOOD ALLERGIES



Mason City Schools
Child Nutrition
Department Takes Food
Allergies Seriously!

September is Food Safety Education Month!

What precautions does the MCS Child Nutrition Department make for food allergies?

- No shellfish is offered in any of our schools.
- The only entrée item that contains peanuts is the Peanut Butter & Jelly Sandwich, which is pre-packaged.
- Nutrition and ingredient information is available online at www.mcschildnutrition.com, through our interactive menus which are identified with the  icon next to it. You can also click on nutrition and ingredient information, then choose the school your student attends.
- At MECC, WR, and MI Campus, signs with allergens are displayed directly above each food item to remind the student. See example sign below.
- Each school has a nutrition and ingredient book for students, staff and parents to reference on site.
- At the beginning of the school year or at the time of enrollment, parents are responsible to communicate any special dietary needs including food allergies to the department.

How can you communicate with the Child Nutrition Department if your student has food allergies?

- If your student has food allergies or special dietary needs, please complete a *Meal Account & Food Allergy Management Form*, or call 513-336-6526 or email to FoodService@masonohioschools.com
- The form can be found at www.mcschildnutrition.com located at the bottom of the page.
- Once your form is received in the Child Nutrition Office, an alert will be placed on your student's meal account.



Follow these 4 SIMPLE STEPS TO FOOD SAFETY

- 1. Clean** and wash your hands and surface area before, after, and in between preparing different types of food.
- 2. Separate** raw foods from ready to eat foods and use different utensils and cutting boards to avoid cross contamination.
- 3. Cook** foods to a safe internal temperature.

"Is it done yet?"

Use a thermometer to make sure and follow these guidelines:

Steaks, Roasts & Pork Chops	145°F
Fish & Shellfish	145°F
Ground Meat & Egg Dishes	160°F
Poultry & Fully Cooked Ham	165°F
Casseroles & Leftovers	165°F



- 4. Chill** food promptly to prevent foods to be in the temperature danger zone of 41°F – 135°F.



Clean



Separate



Cook



Chill

French Toast Sticks



Food Allergy Key



Milk



Egg



Shellfish



Fish



Tree Nuts



Wheat



Peanut



Soybean