



Food Services Department

Serving Our Students with Special Diets and Food Allergies

USDA Code of Federal Regulations Title 7, Part 15b, requires school districts to accommodate the diet restrictions of students with disabilities. A child with a disability must be provided with food substitutions when the request is submitted by a licensed physician. The parent/guardian must provide a clear and specific statement signed by a licensed physician outlining the food substitutions and it must provide the following information:

- The child's disability
- An explanation of why the disability restricts the child's diet
- The food or foods to be omitted from the child's diet, and the food or choice of food that must be substituted

The definition of a person with a disability is: Any person who has a physical or mental impairment which substantially limits one or more major life activities, has a record of impairment, or is regarded as having such impairment. Major life activities covered by this definition include caring for oneself, eating, performing manual tasks, walking, seeing, hearing, speaking, breathing, learning and working.

Food Allergies:

A child with food allergies or intolerances does not have a disability as defined under either Section 504 of the Rehabilitation Act or Part B of IDEA. Food Services may make substitutions, but they are not required to do so.

However, if a licensed physician states that the food allergy may result in a severe, life threatening (anaphylactic) reaction, the child's condition would meet the definition of "DISABILITY", and the **SUBSTITUTIONS PRESCRIBED** by the licensed physician must be made.

WHAT IS A FOOD ALLERGY?

A food allergy is the overreaction of the body's immune system to a food substance, usually a protein. Food allergies may occur at birth or may develop at any age in life. Food allergies can be associated with any food. However, most allergic reactions are caused by the following foods: milk, eggs, fish, shellfish, soy, wheat, peanuts, and tree nuts. There is no cure for food allergies. Avoidance of the offending food is the only way to prevent a reaction.

If your child is in need of a modified diet due to a disability, a Medical Statement explaining the food substitution and signed by a licensed physician must support each special dietary request. We must have this statement on file in order to accommodate your child's special dietary needs. The Medical Statement forms are available in the Food Service Office or Nurse's Office. Please note we are only required to accommodate students with disabilities.

The Red Bluff High School Food Services Department respects many diverse food choices and it is our goal to provide each and every student with a well-balanced meal that meets nutritional guidelines as well as a meal that meets the special dietary needs requested by a licensed physician.

If your student meets any of these criteria, please submit a physician's Medical Statement to the Nurse's Office, Director of Food Services or mail it to:

Chris Trimble, Food Service Manager
Red Bluff Union High School
P.O. Box 1507
Red Bluff, CA 96080

Additional copies must be submitted to the student's teachers.