

## **UUCA Food Allergy Policy**

April 22, 2014

### Policy

Because nut allergy symptoms tend to be rather severe and account for the majority of instances of fatal or near fatal anaphylactic shock, our UUCA policy focuses on peanut butter, peanuts, and tree nuts.

To help minimize exposure for those sensitive to nut allergens, we ask all UUCA participants to refrain, as far as possible, from bringing peanut butter, peanuts, or tree nuts (for example, walnuts, pecans, almonds, and cashews) into the building. UUCA participants are asked to use nut-free alternatives whenever possible.

UUCA strives to be a nut-free space. Ultimately, because it is simply not possible to eliminate the risks, we ask UUCA participants and parents of nut-allergen sensitive children to use their own best judgement with regard to any event.

### Background

According to the National Center for Chronic Disease Prevention and Health Promotion of the Centers for Disease Control:

“Food allergy is an abnormal immune response to certain food(s) that the body reacts to as harmful. Estimates of the prevalence of food allergies range from approximately 4% to 8% of children and 2% of adults. There are eight foods that account for 90% of all food-allergy reactions: cow’s milk, egg, peanut, tree nuts (for example, walnuts, pecans, almonds, and cashews), fish, shellfish, soybeans, and wheat. While 3.3 million Americans are allergic to peanuts or tree nuts, 6.9 million are allergic to seafood. Combined, food allergies cause 30,000 cases of anaphylaxis, 2,000 hospitalizations, and 150 deaths annually.”

“The best method for managing food allergies is prevention by way of strict avoidance of any food that triggers a reaction.”