

# Create safe and inclusive eating environments

A suggestion for implementing the strategy  
'Create an inclusive learning environment'  
from the Guide: [Allergies and learning](#)

- 
- Includes:**
- Prevent accidental exposure
  - School settings
  - Early learning settings
  - Involve learners
  - Safe eating environments
  - Useful resources

Inclusive Education

From

Guide: [Allergies and learning](#)

Strategy: [Create an inclusive learning environment](#)

Suggestion: [Create safe and inclusive eating environments](#)

Date

30 June 2026

Link

[inclusive.tki.org.nz/guides/allergies-and-learning/create-and-safe-and-inclusive-eating-environments](https://inclusive.tki.org.nz/guides/allergies-and-learning/create-and-safe-and-inclusive-eating-environments)

---

## Prevent accidental exposure

Food allergies can be life threatening and even small amounts of a food allergen can cause anaphylaxis.

Use this checklist when planning activities involving food.

- ✓ I know which learners have been diagnosed as at risk of anaphylaxis.
- ✓ I know which learners have a food allergy and I know their food triggers.
- ✓ I have communicated with the learners who are diagnosed as at risk of anaphylaxis and their parents/carers, to ensure I am well informed about their condition.
- ✓ I have immediate access to and have read a child or young person's anaphylaxis/allergy action plan.
- ✓ I know where individual and general use adrenaline auto-injectors are stored.
- ✓ I know the signs and symptoms of an allergic reaction and I can access and provide appropriate first aid.
- ✓ Curriculum and extracurricular materials have been reviewed to make sure that they are allergy-free and avoid allergy triggers.
- ✓ Procedures are in place for checking ingredient labels.
- ✓ Specific work practices, such as separate equipment, are in place for students at high risk of anaphylaxis.
- ✓ I have reminded learners about the risks associated with food sharing.
- ✓ Efficient cleaning strategies are used to eliminate cross-contamination during food handling, preparation, and serving.

## Inclusive Education

From

Guide: [Allergies and learning](#)

Strategy: [Create an inclusive learning environment](#)

Suggestion: [Create safe and inclusive eating environments](#)

Date

30 June 2026

Link

[inclusive.tki.org.nz/guides/allergies-and-learning/create-and-safe-and-inclusive-eating-environments](https://inclusive.tki.org.nz/guides/allergies-and-learning/create-and-safe-and-inclusive-eating-environments)

---

## School settings

Ensure students avoid ingesting even a small amount of the food they are allergic to.

- ✓ The use of food in classroom activities (cooking, celebrations, science, art, and craft activities) may need to be restricted depending on the allergies of particular students.
- ✓ Use non-food rewards.
- ✓ Label food to avoid hidden ingredients in shared lunches, school canteens, and food stalls.
- ✓ Ensure food, utensils, or food containers are not shared or traded.
- ✓ Label bottles, drinks, and lunch boxes provided by parents for their children with the name of the child for whom they are intended.
- ✓ Wash toys regularly.
- ✓ Keep eating areas separate from learning and playing areas. Wipe tables after eating inside.
- ✓ Ensure hand washing before and after consuming or handling food.
- ✓ Ensure areas where food and drink is consumed are cleaned and rubbish items, such as milk cartons, are disposed of.

## Inclusive Education

From

Guide: [Allergies and learning](#)

Strategy: [Create an inclusive learning environment](#)

Suggestion: [Create safe and inclusive eating environments](#)

Date

30 June 2026

Link

[inclusive.tki.org.nz/guides/allergies-and-learning/create-and-safe-and-inclusive-eating-environments](https://inclusive.tki.org.nz/guides/allergies-and-learning/create-and-safe-and-inclusive-eating-environments)

---

# Early learning settings

Identify where and how contact with food allergens may occur throughout the day in your centre.

Potential challenges include:

- the exploration of surroundings and objects through all senses, particularly the mouth – wipe surfaces immediately after food preparation and serving
- surface contact with allergens, for example, when crawling on the floor – decide on and use designated spaces for eating so that food isn't dropped on floors
- accidental exposure to food as children are still learning the concept of sharing – name children's lunchboxes and drink bottles, monitor children eating, and ensure all staff know those children with allergies.

Inclusive Education

From

Guide: [Allergies and learning](#)

Strategy: [Create an inclusive learning environment](#)

Suggestion: [Create safe and inclusive eating environments](#)

Date

30 June 2026

Link

[inclusive.tki.org.nz/guides/allergies-and-learning/create-and-safe-and-inclusive-eating-environments](https://inclusive.tki.org.nz/guides/allergies-and-learning/create-and-safe-and-inclusive-eating-environments)

---

## Involve learners



Source:

Balestier Hill Primary

<https://flic.kr/p/NU9mMg>

[View full image \(3.3 MB\)](#)

Inclusive Education

From

Guide: [Allergies and learning](#)

Strategy: [Create an inclusive learning environment](#)

Suggestion: [Create safe and inclusive eating environments](#)

Date

30 June 2026

Link

[inclusive.tki.org.nz/guides/allergies-and-learning/create-and-safe-and-inclusive-eating-environments](https://inclusive.tki.org.nz/guides/allergies-and-learning/create-and-safe-and-inclusive-eating-environments)

---

## Safe eating environments



Source:

Ministry of Education

<https://parents.education.govt.nz/secondary-school/wellbeing/bullying/>

[View full image \(2.7 MB\)](#)

[Inclusive Education](#)

From

Guide: [Allergies and learning](#)

Strategy: [Create an inclusive learning environment](#)

Suggestion: [Create safe and inclusive eating environments](#)

Date

30 June 2026

Link

[inclusive.tki.org.nz/guides/allergies-and-learning/create-and-safe-and-inclusive-eating-environments](https://inclusive.tki.org.nz/guides/allergies-and-learning/create-and-safe-and-inclusive-eating-environments)

---

## Useful resources



### Thriving with allergies

This series of downloadable classroom posters promotes awareness of food allergens.

Publisher: Elizabeth Bostic

[Visit website](#)

This information was downloaded/printed from the Ministry of Education's website "Inclusive Education". Except where otherwise noted it is Crown Copyright 2018.

Information on the Inclusive Education website is regularly updated so we recommend you check the website version of this information to ensure it remains current.