

Inclusive Education

From

Guide: [Allergies and learning](#)

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

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

Date

07 June 2026

Link

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.

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.

