

## Food Allergen Report – Frequently Asked Questions

**Q: My child or student has a medically diagnosed food allergy. What information can Revolution Foods provide?**

**A:** Revolution Foods publishes a Food Allergen Report for each calendar menu to help with meal planning for students with food allergies to dairy, wheat, egg, soy, peanut, tree-nuts, fish or shellfish. If you have a child or student with a food allergy, please contact your Revolution Foods account manager to ensure you receive the Revolution Foods Food Allergen Report.

**Q: What food allergens are included in the Revolution Foods Food Allergen Report?**

**A:** The major eight food allergens dairy, wheat, egg, soy, peanut, tree-nuts, fish and shellfish are covered by this report. These food allergens are responsible for more than 90% of all food allergies in the US. A small number of individuals may have allergies to other food ingredients, but labeling regulation does not allow for these to be accurately tracked in US foods at this time (see later for more information).

**Q: How do I read the Revolution Foods Food Allergen Report?**

**A:** The Food Allergen Report provides the same information as found on a food label. If the meal or snack contains an ingredient that includes dairy, wheat, egg, soy, peanut, tree-nuts, fish or shellfish food allergens, this will be denoted as an “x” next to the meal. Meals are first organized by category (i.e. breakfast, snack, lunch, field trip lunch, vegetables/salad bar, condiments, and special meals), and then listed by meal name.

This report also includes precautionary food allergen statements. These statements are used to communicate if there is a risk of cross-contamination with dairy, wheat, egg, soy, peanut, tree-nuts, fish or shellfish food allergens. Cross-contamination may occur with processing conditions when there is a chance that dust from an ingredient containing a food allergen could contaminate the product. Revolution Foods passes on all precautionary statements for ingredients used in our recipes.

**Example 1:**

Menu Bank		ALLERGENS								
CATEGORY	MEAL NAME	Dairy	Wheat	Soy	Egg	Peanut	Treenut	Fish	Shellfish	Precautionary Allergen Statement
Lunch	Spaghetti Marinara	x	x							Manufactured on equipment that processes products containing eggs

For Example 1, the Spaghetti Marinara meal contains the food allergens dairy and wheat, as well as a precautionary allergen statement for egg allergens. This meal would not be a suitable choice for an individual with food allergies to dairy, wheat and eggs.

**Q: Is Revolution Foods a Peanut and Treenut free facility?**

**A:** The FDA does not have a nut-free facility certification process. Manufacturers are required to state “manufactured in a facility that processes peanuts” on their packaging, but they are not required to state it for “tree-nuts”, but many will include reference to both on the box. Revolution Foods does not use peanut or tree-nut ingredients in any of our recipes and we do not handle peanuts or tree nuts in our facility. However, we do bring in products and fresh baked goods that are produced in facilities that may handle and process nuts, so we cannot guarantee that meals are completely free of traces of nut, or nut residue.

**Q: What do the numbers in brackets mean e.g. (9 – 12)?**

**A:** The food allergen statements are valid for all meal sizes unless indicated with brackets for a specific grade size. Food allergens may vary between the same meal for different grade sizes when there are differences in components (e.g. crackers, string cheese).

**Example 2:**

Menu Bank		ALLERGENS								
CATEGORY	MEAL NAME	Dairy	Wheat	Soy	Egg	Peanut	Treenut	Fish	Shellfish	Precautionary Allergen Statement
Field Trip Lunch	Turkey Sandwich FTM		x	x (9-12)						(9-12) Manufactured on equipment shared with milk products.

For Example 2, the Turkey Sandwich field trip meal contains wheat for all grade groups. However, the allergen soy and precautionary allergen statement only pertains to the Turkey Sandwich field trip meal for grades 9-12.

**Q: Do I need to review the Revolution Foods Food Allergen Report every month?**

**A:** Yes. It is very important to make menu planning decisions based on the most recent report. The food allergen profile of the same meal or snack may have changed due to changes made to the recipe and/or ingredient supplier. Food allergies can be life-threatening, so it is critical that this information is reviewed for each child with a food allergy each time the Food Allergen Report is published.

The Revolution Foods Food Allergen Report is available at least one week in advance of the menu starting service so there is time to review and plan meals.

**Q: What happens if there are any changes to the published meal menu?**

**A:** Changes to any published meals or snacks are managed by Revolution Foods to avoid any changes to the presence or absence of dairy, wheat, soy, egg, peanut, tree-nut, fish and

shellfish food allergens. In very rare cases where a change in the allergen profile of a planned meal or snack cannot be avoided, Revolution Foods will notify the school prior to the service of the food item(s), so appropriate actions are able to be taken.

**Q: What if I can't find any suitable meal options?**

**A:** Please contact your school or if you are working for a school, the Revolution Foods account manager and discuss the specific options needed.

**Q: Can Revolution Foods provide information for food allergens not included in the Food Allergen Report?**

**A:** No. Food allergen information is limited to the major eight food allergens: Dairy, wheat, soy, eggs, peanut, tree-nuts, fish and shellfish. While other food allergens have been identified, US law does not mandate that these allergens be tracked through the food system and food labeling regulations do not require all ingredients always be reported on food labels. This means it is not possible to confirm the presence or absence of a food ingredient beyond the major eight. Revolution Foods will continue to monitor developments with the Food Allergen Labeling Consumer Protection Act for any changes that would allow additional food allergens to be accurately tracked and reported.

**Q: What public resources are available regarding food allergies and protocols for schools?**

**A:**

- *Food Allergies: What You Need to Know*  
(<http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm079311.htm>)
- *CDC's Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs*

([http://www.cdc.gov/healthyyouth/foodallergies/pdf/13\\_243135\\_A\\_Food\\_Allergy\\_Web\\_508.pdf](http://www.cdc.gov/healthyyouth/foodallergies/pdf/13_243135_A_Food_Allergy_Web_508.pdf))