

~To parents & guardians~

Regarding Food Allergy Management at Kawasaki Municipal Elementary Schools and Special Support Schools



Kawasaki Board of Education Secretariat

Introduction

In March 2015, following the issuance of the *Guidelines for Managing Food Allergies in School Lunches* by Japan's Ministry of Education, Culture, Sports, Science and Technology, Kawasaki City formulated its own *Policy on Managing Food Allergies in School Lunches at Kawasaki Municipal Schools*. Subsequently, in March 2016, the city revised its *Manual for Supporting Students with Allergic Conditions in Kawasaki Municipal Schools*. Since then, it has been revised as necessary and utilized for allergy management in schools.

Addressing food allergies is not solely the responsibility of the school. It is fundamentally based on a shared understanding between parents and the school, informed by a doctor's diagnosis and the sharing of relevant information. To prevent allergic incidents among children and ensure school lunches they can eat with peace of mind, we kindly ask for your understanding and cooperation with these policies.

What is a food allergy?

A food allergy refers to an allergic reaction triggered by specific foods, resulting in various symptoms that may affect the skin, respiratory system, digestive system, and other parts of the body.

What is Anaphylaxis?

Anaphylaxis is a **severe allergic reaction** in which multiple symptoms—such as skin reactions like hives, gastrointestinal symptoms like abdominal pain or vomiting, and respiratory symptoms like coughing, wheezing, or difficulty breathing—occur simultaneously and escalate rapidly.

Among these, when blood pressure drops and symptoms such as loss of consciousness or muscle weakness appear, the condition is referred to as **anaphylactic shock**. This is a **life-threatening emergency** that requires immediate medical attention.

To provide appropriate support for food allergies at school, a *School Life Management Guidance Form (allergies)* based on a physician's diagnosis is required.

This applies to individuals diagnosed by a physician with a food allergy whose specific trigger food has been identified, and who are following their physician's instructions to eliminate that trigger food at home. To ensure that students can enjoy school lunches safely and comfortably, meal safety is our top priority.

Please submit one every year!



Among the eight specified raw materials that must be labeled—eggs, milk, wheat, shrimp, crab, peanuts, buckwheat, and walnuts—analysis of cases among children and students in this city shows that shrimp, crab, peanuts, buckwheat, and walnuts account for a significant proportion and severity of allergic reactions. Therefore, starting in fiscal year 2026 (Reiwa 8), school meals will exclude kiwi fruit and certain nuts (excluding cacao, apricot kernels, and chestnuts).

For managing food allergies in school lunches, the following measures will be implemented, with the highest priority placed on safety.

1 Complete Elimination Approach (Allergen-free school meals)

We follow a strict **all-or-nothing** approach. If a student is allergic to a certain food, that ingredient will be **completely removed** from their meals. We do **not** allow partial removal or limited intake—even if the student can tolerate small amounts. It's either included or fully excluded.

When implementing elimination diets, each school will discuss and decide which items to eliminate from the list of eggs, milk, and wheat. No replacement meals will be provided.

※Raw or soft-boiled eggs are not served (except in items like mayonnaise or ice cream). All eggs used are thoroughly cooked.

2 Bringing Your Own Lunchbox

If a student:

- Has **multiple food allergies**, or
- Reacts to **even trace amounts** of allergens (e.g., in seasonings or broth), they will **need to bring a fully home-prepared lunch every day**.

If a student can eat most school meals but needs to avoid certain menu items, they may bring a **home-packed lunch only on those specific days**.

3 Regarding Drinking Milk

If a student is diagnosed with a **milk allergy**, we will remove **all forms of milk**, including:

- Drinking milk
- Milk used in cooking
- Dairy products and processed foods containing milk

We do **not** allow removal of drinking milk only—it must be a full elimination.

If milk needs to be avoided for reasons **other than allergies**, please consult with the school.

4 Milk-Only Option for Students with Multiple Allergies

If a student cannot eat most school meals due to multiple allergies but **does not have a milk allergy**, they may still choose to receive **drinking milk** while bringing a home-packed lunch.

Important Notes on Food Allergy Management

- ◆ Home-packed lunches brought by students should generally be kept with the student.
During warmer months, please include **ice packs** to ensure food safety.
- ◆ Before any allergy accommodations begin, the school will hold a meeting with the student's parent or guardian to explain the details and confirm the support plan.

Food Allergy Management Process

New **【New Student・Transfer Student】**

During the school year **【Changes・Cancellations】**
Next school year and beyond **【Changes・Continuation・Cancellations】**

Notifying the School About Food Allergies

- Inform the school about your child's food allergies during opportunities such as the school-enrollment health check, orientation sessions, or when transferring schools.
- Complete the food allergy survey.
- If you are requesting special accommodations at school, you will need to obtain a **School Life Management Guidance Form** from the school, to be filled out by your child's doctor.

Medical Consultations

~Annual checkups are required~

Have your child's primary care doctor complete the **School Life Management Guidance Form** and submit it to the school every year.

Individual Consultations

Based on the information provided on the **School Life Management Guidance Form**, a meeting will be held with the Food Allergy Management Committee of the school to discuss your child's needs.

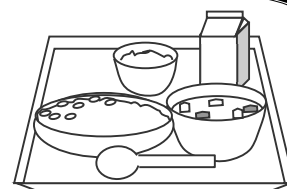
Finalizing the Support Plan

- Reviewing information from the **School Life Management Guidance Form**, the Food Allergy Management Committee will deliberate and decide on the appropriate support measures.
- The school will then issue a **Notification of Food Allergy Support Plan for School Lunches**, outlining the agreed-upon accommodations. Parents/guardians must sign the designated section and return a copy to the school. The original will be kept on file at the school.

Food Allergy Accommodations Begin

Receive and review the menu schedule and other information from the school in advance.

Q & A



Q Why is a doctor's diagnosis necessary?

A To ensure accurate and appropriate support that prevents accidents.

To prevent accidents through appropriate responses based on accurate information.

Responding without accurate information can lead to situations such as inducing accidents or causing confusion at the scene. To avoid such situations, school responses are based on a proper doctor's diagnosis.

Q Can I submit a doctor's note instead of the *School Life Management Guidance Form*?

A The submission of the *School Life Management Guidance Form* is mandatory.

This requirement is based on the Ministry of Education's official *Guidelines for Managing Allergic Conditions in Schools*, which specify that the *School Life Management Guidance Form*—completed by a physician—is essential for allergy-related support.

Q What happens when a student experiences anaphylaxis?

A If an EpiPen® has been prescribed, it will be administered. An ambulance will be called, and the student will be taken to a medical facility.

EpiPen® is an effective treatment for anaphylaxis. While EpiPen® is a self-injectable medication for emergencies, school staff may administer it on behalf of the patient if necessary.

For more details on monthly menus and ingredients used for school lunches at Kawasaki Municipal Schools, scan here:



【For enquiries, please contact】

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