



Documentation Needed for Food Allergies, Food Intolerances, and Special Diets

Dear Parent/Guardian of _____

ECEAP and the USDA Food Programs require document for food allergies, food intolerances, and special diets by a physician or recognized medical authority.

If the child has an allergy to milk the doctor or recognized medical authority must name a substitute for milk.

Here are the ways to get a doctor's signature for a diet change for medical reasons. A doctor can list the child's allergy, food intolerance or special diet on:

- The medical or physical exam form
- A prescription pad
- A clinic's letterhead
- The School's Form – Diet prescription for Meals At School
- The Snohomish County ECEAP Diet Prescription for Meals At School
(Attached)

If a child has a severe or potentially severe reaction to a food, and/or keeps epinephrine (epi-pen) available, a care plan completed by the physician or recognized medical authority needs to be in the ECEAP school file. Ask the ECEAP staff or nurse for a care plan form when needed.

Both the ECEAP Nurse and Nutritionist should be notified if a child has severe reactions related to diet such as severe food allergies.

Religious and cultural food preferences will be honored without a physician's signature.