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Valor Christian High School Food Allergy Management August 2018

Flik Independent School Dining is excited to partner with Valor Christian High School as your foodservice provider.

As Flik strives to provide a dining experience that is both safe and enjoyable for all of our guests, we understand our role in helping to manage food allergies and special dietary needs. We take our responsibilities very seriously and want to provide you with a general overview of food allergy management for the upcoming school year.

Flik's Role and Responsibilities:

- Flik follows allergy-safe practices and procedures set forth by F.A.R.E. (Food Allergy Research and Education) and provides formal training for all food service employees to understand the severity of food allergies; to be actively engaged in preventing food allergen contamination; and have ongoing dialogue with those students and faculty members requiring any dietary accommodations.
- Flik will provide ingredient information regarding allergens to the best of our knowledge when requested. We cannot, however, guarantee the labeling accuracy of allergens not covered by current food allergen labeling laws on the packaged products that we utilize. If the exact ingredients of an item cannot be determined, students with food allergies will be discouraged from consuming that item.



- Our management team scrutinizes all new processed products entering the kitchen. However, if the manufacturer of a product that we have deemed safe in the past changes its manufacturing methods or ingredient profile, and does not provide us with proper notification, we cannot promise our staff will identify the change immediately. All vendors are made aware of our policies at the onset of our relationship and continuously throughout our ordering relationship. Vendors understand that lapses in their commitment would mean the cessation of our business relationship.
- While Flik will attempt to prevent food allergic students from consuming their allergen(s) of concern, the responsibility for selecting safe foods must remain with the student. Flik will provide ingredient information as requested but cannot be responsible for individually guiding food allergic students in their daily food choices.

Student's Role and Responsibilities:

- Students should notify the Director of Dining Services, Brent Nichols, of their food allergies. Brent will work closely with Danielle Beck, Flik's regional dietitian, in providing a similar accommodation to fit the student's dietary needs. It is the student's responsibility to ask a food service employee, who will then notify Brent, of any requests for specially-prepared items or bread products made without gluten-containing ingredients. Specially-prepared meals will need to be coordinated ahead of time with Brent and the Executive Chef, allowing at least 24 hours' notice.



- Students should be proactive in the care and management of their food allergies. They should notify an adult immediately if they eat something they believe may contain the food to which they are allergic.

Information about Lunch Service:

A daily rotation of offerings will be available upon request to accommodate those with special dietary needs. Flik is committed to providing a variety of options for individuals with food allergies.

We suggest that students with food allergies not utilize self-service stations such as the salad bar and the deli, as offerings from these stations pose a high risk for cross-contact. Students that would like something from the salad bar or deli should ask Brent Nichols, who will be present and available during all lunch periods.

Flik will post three food allergy boards, one at each foodservice location: the Commons, the Bistro, and the Cafe. The allergy boards will be the central point of communication for those students with allergies.

Allergy boards will list the 8 most common allergens, as required by the F.D.A. (egg, fish, milk, peanuts, shellfish, soy, tree nuts, and wheat), as well as gluten.

Important Allergy Board Information:

If there is an "X" in an allergen column, that menu item contains the allergen. For instance, in the picture below, the Pasta Alfredo will contain eggs, milk, wheat, and gluten.



The board will not contain allergen information for deli bar or salad bar items, as these stations are easily cross-contaminated.

Flik DINING **Be Sure To Check Ingredients!**
*Please notify us if any additional allergen information is needed.

MENU	EGGS	FISH	MLK	SHELL FISH	SOY	SESAME	PEANUTS	TREE NUTS	WHEAT	G
Pasta Alfredo	X		X						X	
Pasta Marinara	X								X	
Garlic Bread					X				X	X
Steamed Broccoli									X	
Chicken Noodle Soup	X				X				X	X
Lemon Bars	X		X						X	

Peanute and Tree Nuts are not used in food preparation at this facility. If you have an allergy or other special dietary need, please see the manager.

Example Food Allergy board, posted at each foodservice location.

If you have any questions, comments or concerns, please contact:

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