

# Kosciusko Leadership Academy Project Proud

## NUT KNOWLEDGE:

Increasing Awareness, Knowledge &  
Options for Those With a Peanut Allergy  
in Kosciusko County



# Introductions

- Brooke Hamstra



- Danette Till



- Jill Bouillon



# Nut Knowledge Trivia - Question 1

- Which of the following Easter candy is safe for someone with a peanut allergy?



# Nut Knowledge Trivia - Question 1

- Which of the following Easter candy is safe for someone with a peanut allergy?



# Nut Knowledge Trivia - Question 2

- True / False: An individual must ingest a peanut or nut to have an allergic reaction?



# Nut Knowledge Trivia - Question 2

- True / False: An individual must ingest a peanut or nut to have an allergic reaction?
- **FALSE** – An allergic reaction can be triggered by:
  - Direct contact (ingestion or skin contact)
  - Cross-contamination
  - Inhalation (peanut dust or aerosols)



# Nut Knowledge Trivia - Question 3

- In the United States, 1 out of every \_\_\_\_ children have a food allergy.
  - A:** 13
  - B:** 25
  - C:** 67
  - D:** 106



# Nut Knowledge Trivia - Question 3

- In the United States, 1 out of every \_\_\_\_ children have a food allergy.
  - A: 13**
  - B: 25
  - C: 67
  - D: 106
- Food allergies among children increased approximately 50% between 1997 and 2011.





# Nut Knowledge Trivia - Question 4

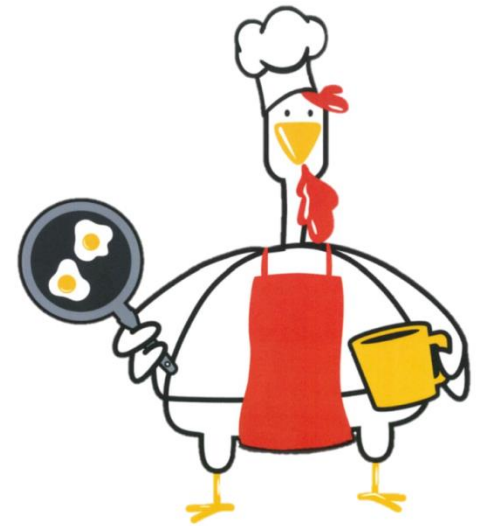
- How many nut free restaurants are there in Kosciusko County?



# Nut Knowledge Trivia - Question 4

- How many nut free restaurants are there in Kosciusko County?
- There is only **1** nut free restaurant in Kosciusko County

Creighton's  
Crazy egg



# Nut Knowledge Trivia - Question 5

- How many people in Kosciusko County are affected by a peanut allergy?
  - A:** Less than 100 people
  - B:** 100 to 500 people
  - C:** 500 to 1,000 people
  - D:** More than 1,000 people



# Nut Knowledge Trivia - Question 5

- How many people in Kosciusko County are affected by a peanut allergy?
  - A: Less than 100 people
  - B: 100 to 500 people
  - C: 500 to 1,000 people**
  - D: More than 1,000 people
- Peanut Allergy (most common allergy)
  - 0.6 – 1.3% of US Population → 474 to 1,027 in Kosciusko County
- Tree Nut Allergy
  - 0.4 – 0.6% of US Population → 316 to 474 in Kosciusko County
- Total (Peanut & Tree Nut Allergies)
  - 1.0 – 1.9% of US Population → 790 to 1,502 in Kosciusko County



# Nut Knowledge Goals & Mission

- Goals:

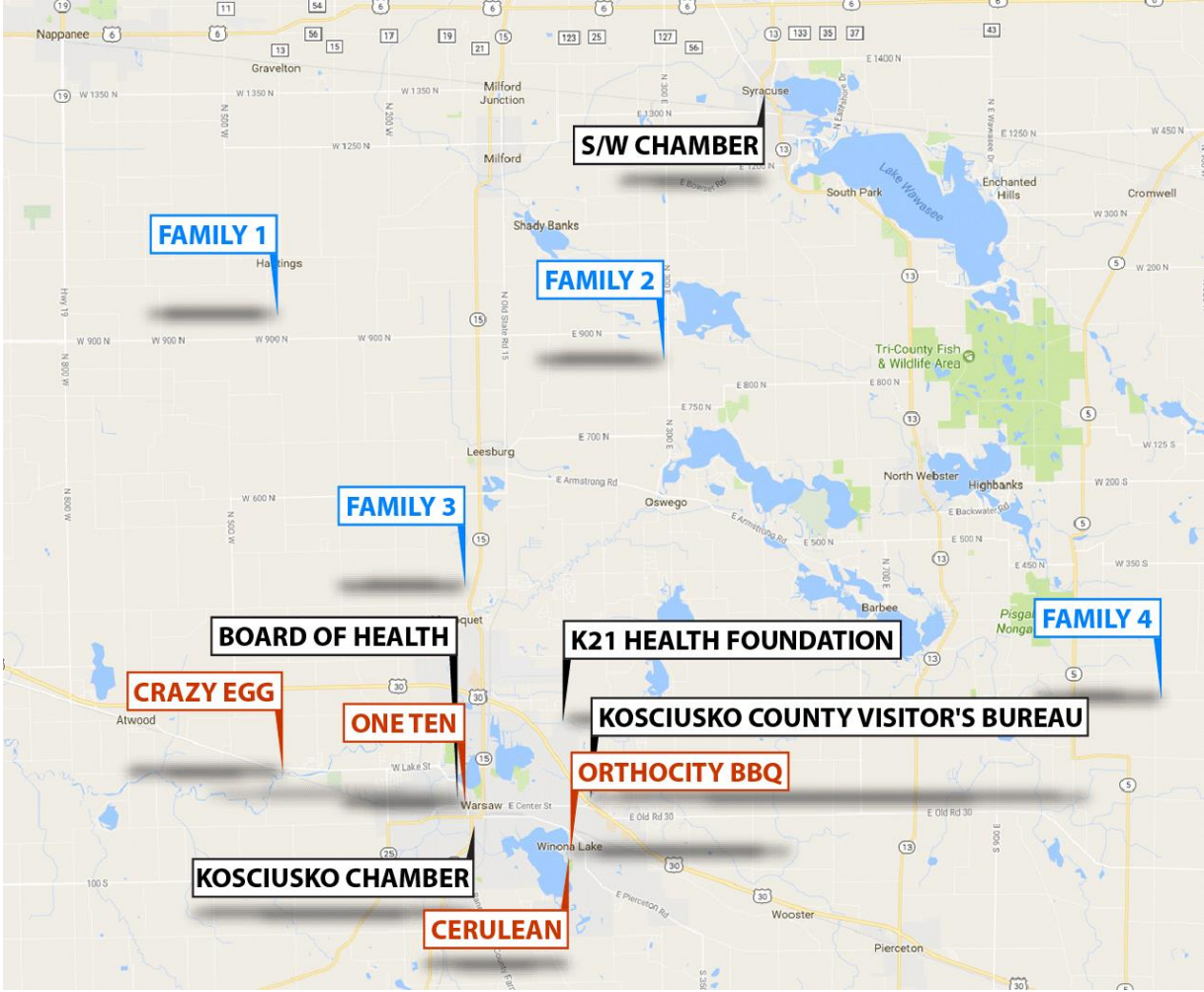
1. Create and/or discover additional restaurant options for Kosciusko County residents with a peanut allergy
2. Increase connections between families in Kosciusko County with peanut allergies
3. Provide resources to raise awareness and promote education of peanut allergies in Kosciusko County

- Mission:

The mission of the Nut Knowledge project team is to make Kosciusko County an educated and nut friendly community and to provide resources, support, and encouragement for families living with a nut allergy.



# Research – Kosciusko County



# Research – Competitive Landscape

- 5 states have restaurant laws for food allergies:
  - Massachusetts
  - Maryland
  - Michigan
  - Rhode Island
  - Virginia
- South Bend Cubs – May 7<sup>th</sup>
  - ‘Peanut-Free Afternoon’
- Indianapolis – August 20<sup>th</sup>
  - Annual FARE Walk for Food Allergy



# Proposal – Phase 1 - COMPLETED

- Events:

- Kosciusko County  
Restaurant Roundtable  
Discussion

- March 21, 2017
- Attended by 4 restaurants

- Family Connection &  
Education Event

- March 21, 2017
- Attended by 4 families





# Proposal – Phase 1 - COMPLETED

- Creation of Closed Facebook Group for Families
- Resources from FARE Provided to Restaurants
- Stephanie Hapner Resource for Restaurants
- Letters of Support:
  - Jill Boggs
    - Kosciusko Visitor's Bureau
  - Stephanie Hapner
    - Creighton's Crazy Egg Café
  - Caleb France
    - Cerulean
  - Andrea Keller
    - Syracuse-Wawasee Chamber



# Proposal – Phase 2 – Northerner Award

- Taste of Kosciusko
  - September 9, 2017
  - Consumer awareness of peanut free options in Kosciusko County
  - Pilot training program for interested restaurants
  - Nut Knowledge team to host a booth with peanut allergy information
  - Estimated Cost: \$1,000
    - Food costs
    - Booth registration fee
    - Marketing and promotion materials
      - Event promotion
      - Participating peanut free restaurants
      - Peanut allergy resources for booth



Creighton's  
Crazy egg



ONE  
TEN



# Proposal – Phase 3

- Nut Allergy Pamphlet for Restaurants
  - \$200 grant from K21 Health Foundation
- Blue Apron, Warsaw Community Schools
  - Add nut allergies to curriculum to teach future chefs & restaurant owners
- Develop nut allergy programs and resources for local:
  - Schools
  - Daycares
  - Churches
- EpiPen program for businesses
- Nut Knowledge Dinner
  - State Board of Health Participation
- Restaurant to Restaurant Training Event
  - MA, MD, MI, RI, & VA
- Promotion of ‘allergy friendly’ restaurants in Kosciusko County
  - Chamber Website
  - Visitor’s Bureau
  - Window Sticker
- Meet with Curt Nisley to advocate for state legislation change for food allergies in restaurants
- Establish a sustainable task force
- **Present to 2017-2018 KLA cadets for project continuation**

\* See Nut Knowledge Whitepaper for full list of Phase 3 potential next steps.



# Thank You to our Sponsors & Partners!



ONE  
TEN



# Questions

