

NUT KNOWLEDGE:

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

<u>Name</u>	<u>Sponsor</u>
Jill Bouillon	 PARAGON MEDICAL
Brooke Hamstra	 THORNE INSURANCE
Danette Till	



TABLE OF CONTENTS

	Page
Executive Summary	1
Introduction: Community Need	2
Project Goals & Mission Statement: Nut Knowledge	4
Research	4
Proposal : Phased Approach to Implementation	6
<ul style="list-style-type: none">• Phase 1• Phase 2• Phase 3	
Works Cited	13
Appendices	14
<ul style="list-style-type: none">• Appendix A: KLA Project Proud PowerPoint Slides (April 12, 2017)• Appendix B: Resources / Supporters• Appendix C: K21 Support Email• Appendix D: Email Invitation – Restaurant Roundtable Event (March 21, 2017)• Appendix E: Agenda - Restaurant Roundtable Event (March 21, 2017)• Appendix F: PowerPoint Slides – Restaurant Roundtable Event (March 21, 2017)• Appendix G: Follow-Up Email – Restaurant Roundtable Event (March 21, 2017)• Appendix H: Draft Pamphlet• Appendix I: Facebook Invitation – Family Education Event (March 21, 2017)• Appendix J: Agenda – Family Connection & Education Event (March 21, 2017)• Appendix K: Survey – Family Connection & Education Event (March 21, 2017)• Appendix L: Letter of Support – Jill Boggs, Kosciusko County Visitor’s Bureau• Appendix M: Letter of Support – Stephanie Hapner, Creighton’s Crazy Egg Café• Appendix N: Letter of Support – Caleb France, Cerulean• Appendix O: Letter of Support – Andrea Keller, Syracuse-Wawasee Chamber• Appendix P: Closed Facebook Group Page – Peanut Allergy Resource for Kosciusko• Appendix Q: FARE Resources	



Nut Knowledge Executive Summary

The Nut Knowledge project team has focused on researching, raising awareness, and promoting safe options for Kosciusko County residents that suffer from a peanut or tree nut allergy. Currently, there is only one (1) nut free restaurant in Kosciusko county for the 790 to 1,502 individuals who suffer from a peanut or tree nut allergy. The mission statement 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.

Phase 1 Accomplishments

The Nut Knowledge team completed Phase 1 of our project proposal which included the following:

- Kosciusko County Restaurant Roundtable Discussion
- Family Connection & Education Event
- Creation of Closed Facebook Group for Allergy Families
- Stephanie Hapner established as Resource for Restaurants
- Letters of Support: Kosciusko County Visitor Center, Creighton's Crazy Egg Café, Cerulean and Syracuse-Wawasee Chamber

Northerner Award Proposal

The Northerner Award will be utilized to complete Phase 2 of the Nut Knowledge project which is centered around the following event:

- **Taste of Kosciusko (September 9, 2017)**
 - Consumer awareness of peanut free options in Kosciusko County
 - Pilot program for training of interested restaurants
 - The Nut Knowledge KLA team will host a booth with peanut allergy information
 - Potential Participants: Creighton's, One Ten, Ortho City BBQ, Cerulean
 - Estimated Cost: \$1,000
 - Nut free food costs prepared by participating restaurants
 - Booth registration fee
 - Marketing and promotion materials
 - Event promotion
 - Promotion of participating peanut / nut free restaurants
 - Peanut allergy resources to provide to attendees at booth



Introduction: Community Need

According to FARE (Food Allergy Research & Education), a food allergy results when the immune system mistakenly targets a usually harmless food protein, known as an allergen, as a threat and attacks it.¹ It is important to distinguish between a food allergies and food intolerances, as a food allergy causes an immune response which can result in a range of symptoms which could be life-threatening. In contract, a food intolerance response takes place in the digestive system and occurs when you are unable to properly breakdown food.²

Food allergies are a serious medical condition which affect up to 15 million people in the United States including 1 in 13 children. An estimated 9 million (4%) of adults have food allergies and nearly 6 million (8%) children suffer from food allergies.³ In The Centers for Disease Control (CDC) released in study in 2013 which provided data indicating that food allergies among children increased approximately fifty 474316percent (50%) between 1997 and 2011.³ In comparison, in 2008, the CDC reported an eighteen percent (18%) increase in food allergies among children between 1997 and 2007.³ In recent years, research indicates that the number of people diagnosed with a food allergy is on the rise and it is important that Kosciusko county is prepared to embrace this growing population.

A food allergy reaction can range in severity form a mild response (i.e. hives, itchy mouth, nausea, etc.) to a severe, potentially deadly response (i.e. obstructive swelling of the lips, tongue, and/or throat, shortness of breath, chest pain, etc.).³ The most severe reaction is defined as a rapidly progressing, life-threatening allergic reaction. Food allergies are the leading cause of anaphylaxis outside of a hospital setting with approximately one reaction of anaphylaxis every six minutes.³ Prompt administration of epinephrine (adrenaline) is a crucial response to successfully treating an anaphylactic reaction.

There are eight foods which account for ninety percent (90%) of food allergy reactions which are detailed below in *Table 1* in addition to the prevalence among the United States population. Additionally, these eight foods are recognized and enforced by the FDA Food Allergen Labeling and Consumer Protection Act of 2004 (the Act). The Act requires that food labels must identify the names of any ingredients that are one of the major food allergens or contain any protein derived from a major food allergen.

Food Allergen	US Population Prevalence
Peanuts	0.6 - 1.3%
Tree Nuts (e.g. walnuts, almonds, cashews, pistachios, pecans)	0.4 - 0.6%
Fish	0.4%
Shellfish	1.2%
Milk	Unreported
Eggs	Unreported
Wheat	Unreported
Soy	Unreported

Table 1: Top Food Allergens and Prevalence in the United States³



Due to personal experience with family members and friends with peanut allergies and the fact that peanut allergies are reported to be the most common food allergy, this whitepaper will focus on peanut allergies for the remainder of the discussion. However, it is important to remember that the actions detailed within the proposal could be applied and expanded to additional food allergies.

Per the United States Census Bureau, the population of Kosciusko County was estimated to be 79,092 in July 2016.⁴ Thus, it can be estimated that 474 to 1,028 individuals living in Kosciusko County are affected by a peanut allergy. Due to cross contamination, many tree nut allergy sufferers also restrict peanuts from their diet thus accounting for an additional 316 to 474 individuals. Therefore, it is estimated that a total of 790 to 1,502 individuals in Kosciusko suffer from a peanut or tree nut allergy. While this number may seem insignificant to some, note that as discussed above, the prevalence of peanut allergies has doubled from 1997 to 2002.⁵ Based on this trend, this number will continue to grow and requires attention due to the potential severity of these allergic reactions. Additionally, there are other health conditions (i.e. irritable bowel syndrome and diverticulitis) that cause individuals to avoid peanuts and tree nuts in their diet due to a food intolerance.

Eating away from home can pose a significant risk to adults and children affected by a food allergy with more than half of fatal food allergy reactions triggered by food consumed outside the home.³ Only trace amounts of peanuts can cause an allergic reaction either via direct contact (i.e. ingestion or skin contact), cross-contact (i.e. food is exposed to peanuts during processing or handling), and inhalation (i.e. peanut dust or peanut aerosols). In Kosciusko County, only one (1) restaurant (Creighton's Crazy Egg Café and Coffee Bar) is reported and marketed as a nut free facility. Consider a family of four (4) living in Kosciusko county with a family member who has a severe peanut allergy, due to the potentially life threatening health risk, this family will likely avoid restaurants (unless nut free or proper precautions can be guaranteed) and will be limited in their ability to participate in other community events and activities.

The Nut Knowledge team has identified a need within Kosciusko County to have more options for nut allergy sufferers to dine in a restaurant. Not only does this stimulate community but has the potential to have an economic impact on local the restaurants and economy. Additionally, it can be very isolating as a parent of a child who suffers from a peanut allergy or as an individual allergy sufferer, therefore, there is also a need and opportunity for connectivity, support, and community amongst allergy sufferers in Kosciusko county. Finally, through our team's research, many community members and businesses are unaware of the severity of peanut allergies and how to ensure these individuals are properly welcomed into the Kosciusko county community. Therefore, the Nut Knowledge team aims to challenge and improve our community by making Kosciusko County an educated and nut friendly community and to provide resources, support, and encouragement for families living with a nut allergy.



Project Goals & Mission Statement: Nut Knowledge

The following three goals were established by the project team for the Nut Knowledge project:

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

The mission statement 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

A significant amount of research was performed by the Nut Knowledge team in order to frame and scope the community need(s) and a solution proposal. Our research included various activities as listed below:

- Interviews of families in Kosciusko with peanut allergies
- Meetings and interviews with key community leaders and organizations
- Restaurant Roundtable Event
- Family Connection & Education Event
- Literature review
- Competitive market analysis

A brief summary of the various meetings and research connections performed by the Nut Knowledge team are below.

Creighton's Crazy Egg Café & Coffee Bar

As the only nut free facility in Kosciusko County, our team initiated the conversation with Mindy Truex of Creighton's Crazy Egg Café & Coffee Bar. Mindy kindly referred us to Stephanie Hapner who is not only the Chef & Kitchen Coordinator at Creighton's but a Cookbook Author and mother with twenty-seven (27) years of food allergy experience. Stephanie provided education and perspective to the Nut Knowledge team on the challenges of being a nut free facility. After only the one meeting with Stephanie, she was identified as an expert in cooking for individuals with food allergies and graciously offered to be a resource to other area chefs who are interested in learning more about cooking for individuals with nut allergies. Stephanie's passion has been inspirational to the Nut Knowledge team.



K21 Health Foundation

Next the team met with Rich Haddad (President & CEO) and Jennifer Stewart (Executive Assistance & Communications Coordination) of the K21 Health Foundation to discuss the potential fit of the Nut Knowledge project with the K21 Health Foundation and to solicit potential financial support. Through this initial discussion, the team was directed to a contact at the Kosciusko Board of Health and able to garner financial support for the project as detailed in *Appendix C*.

Kosciusko County Visitor Center

The Nut Knowledge team met with Jill Boggs (Executive Director) of the Kosciusko County Visitor Center. Jill's extensive marketing background challenged the Nut Knowledge team to define who our audience is and out of this conversation, the idea for an initial roundtable event with restaurant owners and chefs was born. We discussed an additional advantage of increasing the allergy friendly restaurants in Kosciusko County of attracting new residents to Kosciusko County. Jill offered support and resources to promote public events and allergy friendly businesses (i.e. restaurants, hotels, etc.) in Kosciusko County through the Visitor Center website.

Kosciusko Chamber of Commerce

Our next connection was with Rob Parker (President & CEO) of the Kosciusko Chamber of Commerce. Immediately Rob offered full support of the Nut Knowledge project by the chamber and recommended several suggestions for next steps:

- Present the Nut Knowledge project and mission to the Chamber Health Committee
- Participate in the Taste of Kosciusko to promote allergy friendly restaurants
- Investigate the possibility of the Warsaw High School Blue Apron program adding food allergy training to their curriculum
- Meet with the Board of Health to establish on going ownership of this initiative

Rob offered the use of a room for the restaurant round table discussion and was instrumental in distributing the invitation to all restaurant chamber members.

Kosciusko County Board of Health

A meeting was held with Nathan Burton (Environmental Food Specialist) with the Kosciusko County Board of Health. The Board of Health was identified as a potential hub for ongoing information distribution to restaurants following the conclusion of this KLA session. Additionally, Nathan informed the Nut Knowledge team about the new restaurant code scheduled to be released in the next year which will require restaurants to begin addressing food allergies.



Competitive Market Research

Currently, there are five (5) states that have laws designed to make it safer for individuals with food allergies to dine in restaurants: Massachusetts, Maryland, Michigan, Rhode Island and Virginia.⁶ While the laws vary from state to state, Massachusetts and Rhode Island have most robust legislation which require a food allergy poster to be displayed in the staff area, a notice to customers must be included on all menus informing them of their obligation to inform their server of their food allergies, and restaurant managers or certified food protection manager training about food allergies as it pertains to food preparation. Additionally, the Food Allergy Awareness in Restaurants Act passed in 2012 in Rhode Island created a program for restaurants to be designated as “Food Allergy Friendly” which includes a listing on a public database for restaurants earning this designation.

Locally, the South Bend Cubs have announced a ‘peanut-free afternoon’ on Sunday, May 7th, 2017. They will offer a peanut-free suite for guests that have a peanut allergy. Indianapolis hosts an annual FARE Walk for Food Allergy to raise funds and awareness for food allergies in order to create a safer, more inclusive world for Americans who suffer from food allergies. The 2017 event will take place on August 20th at White River State Park.

Through all of our community and competitive market research, our project goals were reinforced and the overwhelming community need was validated as no food allergy program exists in Kosciusko County today. The challenge for the Nut Knowledge team became narrowing the scope to tackle a portion of the need and to develop infrastructure to continue the effort after the 2016-2017 KLA session was concluded. All families, restaurants, and community members we met with were very supportive of the Nut Knowledge project and became critical contacts and resources in the implementation of the initial proposal phase. A summary of the Nut Knowledge project contacts and supporters can be found in *Appendix B*.

Proposal: Phased Approach to Implementation

The Nut Knowledge team proposal is divided into three (3) phases. While Phase 1 has been completed by the Nut Knowledge team, as detailed below, there is still a tremendous opportunity for implementation and impact to be made in Kosciusko County in Phase 2, Phase 3 and beyond.

Phase 1 Accomplishments (KLA Session 2016 – 2017)

The Nut Knowledge team spent a majority of our project time researching, framing, and truly understanding the peanut allergy need in Kosciusko County. However, several key activities were completed which will help drive this initiative forward at the end of the 2016-2017 KLA session. The actions completed and a brief description is detailed below.



- **Kosciusko County Restaurant Roundtable Discussion**

A Restaurant Roundtable Discussion event was held on March 21, 2017 to start the conversation with interested area restaurants. Member restaurants of both the Kosciusko Chamber of Commerce and the Syracuse-Wawasee Chamber of commerce were invited (see *Appendix D* for the email invitation). The event attendees and sponsors are detailed below. The Agenda, PowerPoint Slides, and Follow-Up Email for this event can be found in *Appendix E*, *Appendix F*, and *Appendix G*.

Event Attendees:

- Rob Parker, Kosciusko Chamber of Commerce
- Andrea Keller, Syracuse-Wawasee Chamber of Commerce
- Stephanie Hapner, Creighton's Crazy Egg Café & Coffee Bar
- Nathan Burton, Kosciusko County Board of Health
- Jason Brown, One Ten Craft Meatery
- Candace Balke, One Ten Craft Meatery
- Brad Sutter, OrthoCity BBQ
- Caleb France, Cerulean (separate discussion following event)
- Danette Till, KLA
- Brooke Hamstra, KLA
- Jill Bouillon, KLA

Event Sponsors:

- Event Space, Kosciusko Chamber of Commerce
- Peanut Free Snacks & Coffee, Creighton's Crazy Egg Café
- Monetary Donation for Food and Beverage, K21 Health Foundation

A fruitful discussion was had with the four (4) interested restaurants at the roundtable event. Restaurants are faced with a serious challenge as these key restaurants have the heart to serve their customers with all of their dietary needs including nut allergies, however, there are several challenges:

- Greater awareness and education is needed for all restaurant staff in regards to serving guests with nut allergies as the liability and consumer risk is high
- Better understanding of the costs and economic impact of adopting a nut free or nut friendly culture. If the affected individuals can increase from 1.3% to 13% the argument becomes much more attractive.
- Without regulations, restaurants are left to discern whether customers' requests are truly an allergy risk or a health preference.
- It is difficult to educate and train all wait staff to properly serve guests with nut allergies



While many concerns and future needs were unveiled, the discussions were encouraging in regards to the commitment and attitude of the interested restaurants and the sheer desire to continue the conversation in order to better serve Kosciusko County. The sentiment is best summarized by Caleb France who stated that, “it is an honor that they have entrusted us to prepare their food with their health need.”

- **Family Connection & Education Event**

A Family Connection & Education Event was held on March 21, 2017 at Creighton’s Crazy Egg Café. Member restaurants of both the Kosciusko Chamber of Commerce and the Syracuse-Wawasee Chamber of commerce were invited. Families were invited via a Facebook invitation which can be seen in *Appendix I*. The event attendees and sponsors are detailed below and the event Agenda can be seen in *Appendix J*.

Event Attendees:

- Family A (11 Year Old Daughter with Peanut Allergy)
- Family B (10 Year Old Daughter with Peanut Allergy)
- Family C (4 Year Old Son with Peanut Allergy)
- Family D (Twin Sons with Peanut Allergies)
- Stephanie Hapner, Creighton’s Crazy Egg Café & Coffee Bar
- Danette Till, KLA
- Brooke Hamstra, KLA
- Jill Bouillon, KLA

Event Sponsors:

- Event Space, Kosciusko Chamber of Commerce
- Peanut Free Snacks & Coffee, Creighton’s Crazy Egg Café
- Monetary Donation for Food and Beverage, K21 Health Foundation

This event was a casual conversation amongst parents of children with peanut allergies in Kosciusko County. Each parents shared their experience and restaurant options in Kosciusko County. As an example, one mom shared with the group that Dairy Queen’s ice cream cakes are made offsite and are nut free. Additionally, all parents were informed of the bakery options that can be ordered through Stephanie Hapner at Creighton’s Crazy Egg Café for school treats and birthdays. The parents were able to collaborate, share ideas, and encourage each other. We asked each parent to complete a survey at the conclusion of the event (see *Appendix K* for the completed surveys). The group agreed that a valuable next resource for them and other parents in Kosciusko County, would be a website or message board where new restaurants, resources, and encouragement for newly diagnosed families can be centrally located.



- **Creation of Facebook Group for Families in Kosciusko County**

A closed Facebook group (<https://facebook.com/groups/1179432182156072>) has been created and can be seen in *Appendix P* as an output of the Family Connection & Education Event. The group will be managed and administered by Brooke Hamstra who is not only one of the Nut Knowledge KLA group members but is also a mother to twin boys with peanut allergies. The goal of this group is to provide a forum to share information and resources such as:

- Doctors that are knowledgeable and current with allergies treatments
- School 504 plan
- Safe restaurants in Kosciusko County
- General tips (i.e. why you must always carry 2 EpiPens)

- **Resources from FARE Provided to Interested Restaurants**

As a follow-up to the Restaurant Roundtable Discussion, a follow-up email (see Appendix G) was sent to all participating and interested restaurants (Cerulean, One Ten Craft Meatery, and OrthoCity BBQ) which included numerous resources through the FARE (Food Allergy Research & Education) website. These resources can be utilized by interested restaurants to start their education on nut allergies and safe restaurant practices.

- **Stephanie Hapner Established as Resource for Restaurants & Families**

Additionally, the interested restaurants have been introduced to Stephanie Hapner (Kitchen Coordinator and Chef at Creighton’s Crazy Egg Café). Stephanie is willing to be a resource and mentor to other chefs in Kosciusko County in order to help train and educate on food allergies. Stephanie gained firsthand experience with what it takes to be a nut free facility when she was invited to be the Chef at Creighton’s Crazy Egg Café. Additionally, Stephanie has a cookbook which she has published which may be a resources to restaurants and families. Through Nut Knowledge project, our team has focused on promoting Stephanie within Kosciusko County as she is an extremely valuable resource.

- **Letters of Support**

As the conclusion to our Phase 1 activities, the Nut Knowledge team has solicited letters of support from restaurants and partners in order to sustain the momentum into the future.

Letters were received from the following individuals:

- Jill Boggs, Kosciusko County Visitor Center (*Appendix L*)
- Stephanie Hapner, Creighton’s Crazy Egg Café (*Appendix M*)
- Caleb France, Cerulean (*Appendix N*)
- Andrea Keller, Syracuse-Wawasee Chamber (*Appendix O*)



Phase 2 – Northerner Award (May 2017 – December 2017)

The second phase of the Nut Knowledge project is targeted at accomplishing our second goal (Create and/or discover additional restaurant options for Kosciusko County residents with a peanut allergy). Per the Restaurant Roundtable Discussion, Creighton’s Crazy Egg Café, Cerulean, One Ten Craft Meatery, and OrthoCity BBQ are all interested in serving guests with nut allergies. This Phase will serve as a spring board to take the expressed interest of the above restaurants and drive them to becoming a nut free facility or offering nut free options for allergy guests. The Nut Knowledge team will leverage the existing Taste of Kosciusko event hosted by the Kosciusko Chamber of Commerce as a platform to market the additional restaurant options for nut allergy sufferers in Kosciusko County.

Participating restaurants would showcase a peanut / nut free item at the event which would be labeled with a special tag to promote nut free options in Kosciusko County. This event is critical as it drives the following critical next steps: training of interested restaurants, promotion of interested restaurants, and raises awareness of nut allergies in Kosciusko County.

- **Taste of Kosciusko (September 9, 2017)**
 - Consumer awareness of peanut free options in Kosciusko County
 - Pilot program for training of interested restaurants
 - The Nut Knowledge KLA team will host a booth with peanut allergy information
 - Potential Participants: Creighton’s, One Ten, Ortho City BBQ, Cerulean
 - Estimated Cost: \$1,000
 - Nut free food costs prepared by participating restaurants
 - Booth registration fee
 - Marketing and promotion materials
 - Event promotion
 - Promotion of participating peanut / nut free restaurants
 - Peanut allergy resources to provide to attendees at booth

It is the Nut Knowledge team’s intention to utilize the \$1,000 from the Northerner Award to complete Phase 2 as detailed above. This event meets all of the requirements for KLA and the Northerner Award as it is doable, sustainable, and would have a county wide impact.

Phase 3 – Future Next Steps (2017-2018 KLA Session and Beyond)

The Nut Knowledge team has identified several future next steps that further support the goals and mission of this project. Our hope is that a future KLA team will support the completion of these important next steps in order for Kosciusko County to fully become a peanut and nut allergy friendly community.

- **Board of Health**
 - Collaborate to identify a local and state level speaker to train and educate all Kosciusko County restaurants



- Develop a sticker or symbol that could be displayed on a restaurants door, website, and/or menu to easily indicate that the restaurant is trained and compliant with the safety standards for peanut allergies
- Establish annual conference and/or training event for restaurants on peanut / nut allergies
- **Blue Apron (Warsaw High School)**
 - Add to nut allergies to curriculum to educate future Kosciusko County chefs & restaurant owners
 - Purchase materials for school to use moving forward
 - Collaborate with Stephanie Hapner to come in as a guest teacher
- **Schools**
 - Work with all schools in Kosciusko County to have a uniform platform to address food allergies in the school setting
 - Leverage work that has already been done at Tippecanoe Valley schools
- **Daycares**
 - Identify and promote daycares in Kosciusko County that are educated and prepared to serve children with peanut and/or food allergies
 - Collaborate to identify and develop necessary training
- **Churches**
 - Establish communication with churches to bring awareness of the need to be prepared to serve children and families with peanut/food allergies
- **Epi Pen Implementation**
 - Review current legislation on the requirement to have Epi Pens available in public settings (i.e. schools, restaurants, churches, etc.)
 - Partner with the K21 Health Foundation to implement training, purchase, and a monitoring program
- **Restaurant Pamphlet**
 - Resource to be distributed through the Health Department for future interested restaurants
 - See initial draft in *Appendix H*
 - \$200 from K21 Health Foundation for creation and printing
- **Promotion of 'Allergy' Friendly Restaurants in Kosciusko County**
 - Add listing or symbol designation on Chamber websites and/or Kosciusko County Visitor Center
 - Window Sticker
- **Expand County Wide Impact**
 - Syracuse-Wawasee Chamber
 - Follow-up with Pizza King in Syracuse
- **State Legislation Changes for Food Allergies**
 - Meeting with Curt Nisley to discuss advocacy at the state level to drive legislative changes in Indiana for food allergies in restaurants
- **Proposal to 2017-2018 KLA Cadets**
 - Continuation of project mission



- **Nut Knowledge Dinner (Doctors & Restaurants)**

- This dinner was proposed by the restaurant attendees at the Restaurant Roundtable Discussion on March 21, 2017
- Allow selected families to provide a personal story to restaurants on the need for additional peanut free options in Kosciusko County
- Educate family physicians to be able to guide patients to
- Bring in a potential speaker / educator to educate restaurants and physicians on trends and needs for allergy sufferers in Kosciusko County
- Establish a task force to drive future
- Additional invitees:
 - Invite peanut free daycare (Rainbow)
 - Board of Health – Nathan Burton & Supervisor
 - State Board of Health (Indiana)
 - State Board of Health (from other state with this already implemented)
 - Restaurant owner from one of 5 states who have implemented legislation
- Estimated Cost: \$1,000
 - Jason Brown from One Ten Craft Meatery has already committed to provide the facility to host this event and will prepare the food



Works Cited

¹ FARE website

² <https://www.aaaai.org/Aaaai/media/MediaLibrary/PDF%20Documents/Libraries/EL-food-allergies-vs-intolerance-patient.pdf>

³ <https://www.foodallergy.org/file/facts-stats.pdf>

⁴ <https://www.census.gov/quickfacts/table/PST045215/18085>

⁵ The Peanut Institute

⁶ <https://www.foodallergy.org/advocacy/restaurants>



Appendix A:

KLA Project Proud Presentation (April 12, 2017)



Appendix B

Contacts & Supporters

Jenean DeFord-Farrell
Nursing Manager
Allergy and Asthma Center
Phone: 574-268-9005

Jennifer Stewart
Executive Assistant & Communications Coordinator
K21 Health Foundation
Phone: 574-269-5188
Email: jstewart@k21foundation.org

Rich Haddad
President & CEO
K21 Health Foundation
Phone: 574-269-5188
Email: jhaddad@k21foundation.org

Nathan Burton
Environmental Food Specialist
Kosciusko County Board of Health
Phone: 574-267-4444
Email: nburton@kcgov.com

Rob Parker
President & CEO
Kosciusko Chamber of Commerce
Phone: 574-267-6311
Email: rparker@kchamber.com

Andrea Keller
Executive Director
Syracuse-Wawasee Chamber of Commerce
Phone: 574-457-5637
Email: andrea@swchamber.com



Jill Boggs
Executive Director
Kosciusko County Visitor Center
Phone: 574-269-6090
Email: jillboggs@koscvb.org

Stephanie Hapner
Chef & Kitchen Coordinator
Creighton's Crazy Egg Café & Coffee Bar
Phone: 574-376-2548
Email: stephanie@crazyegg.info

Jason Brown
Owner
One Ten Craft Meatery
Phone: 574-267-7007
Email: jason.brown@onetencraftmeatery.com

Brad Sutter
Owner
Ortho City BBQ
Phone: 574-269-4708
Email: orthocitybbq@yahoo.com

Caleb France
Owner & Chef
Cerulean
Phone: 574-269-1226
Email: caleb@clfhospitality.com

Mark Bragg
Course Instructor
Blue Apron, Warsaw Area Career Center
Email: mbragg@warsawschools.org

Ronna Kawsky
Director
Warsaw Area Career Center
Email: rkawsky@warsawschools.org



Dr. Christina Barnes
Allergist
Allergist at The South Bend Clinic
574-237-9217

Cory Cooper
Assistant Principle
Tippecanoe Valley Middle School
Email: cooperc@tvsc.k12.in.us



Appendix C

K21 Health Foundation – Support Email



Appendix D

Email Invitation – Restaurant Roundtable Event (March 21, 2017)



Appendix E

Agenda – Restaurant Roundtable Event (March 21, 2017)



Appendix F

Presentation – Restaurant Roundtable Event (March 21, 2017)



Appendix G

Follow-Up Email – Restaurant Roundtable Event (March 21, 2017)



Appendix H

Draft Pamphlet for Restaurants



Appendix I

Facebook Invitation – Family Connection & Education Event (March 21, 2017)



Public Hosted by Danette Norman Till



Danette Norman Till invited you

Interested Going Ignore



Danette and Brooke went



Tuesday, March 21 at 3:30 PM - 4:30 PM
about 2 weeks ago



Creighton's Crazy Egg Cafe & Coffee Bar
4217 W Old Road 30 Warsaw, Indiana 46580

Show Map

2

interested

3

went

2

invited

About

Discussion

Related Events



Write Post



Add Photo/Video



Create Poll



Write something



How to Be a Happy Cook with...

Tomorrow PDT at Facebook Live

60 guests

Interested Going

Details

Join in this opportunity for education, demonstration, tasting and fun with Stephanie Hapner, Chef & Kitchen Coordinator at Crazy Egg. Stephanie is a cookbook author, professional chef, and a Mom with 27 years of experience with allergies. Parents, or grandparents, or family, friends, or a provider for someone with a peanut allergy will enjoy this opportunity to learn how to safely prepare food, prep kitchens, avoid cross contamination, and learn of options available through Crazy Egg, if you prefer to purchase treats for your family (i.e. cookies to take to school that are homemade & peanut free). There will be a tasting too! Open to the first 20 people who sign up! No nuts, just crazies please!! :) For more information about this KLA project and to officially REGISTER, please contact Brooke Hamstra brooke.hamstra@yahoo.com



Appendix J

Agenda – Family Connection & Education Event (March 21, 2017)



Appendix K

Survey / Feedback Form – Family Connection & Education Event (March 21, 2017)



Appendix L

Letter of Support – Jill Boggs, Kosciusko County Visitor Center



Appendix M

Letter of Support – Stephanie Hapner



Appendix N

Letter of Support – Caleb France



Appendix O

Letter of Support – Andrea Keller



Appendix P

Closed Facebook Group Page – Peanut Allergy Resource for Kosciusko County

ALLERGY

Peanut Allergy Resource for Kosc...
Closed Group

Joined ▾ Share Notifications ...

Discussion Members Photos

Search this group

Write Post Add Photo/Video Add File More

Write something...

RECENT ACTIVITY

Brooke Hamstra changed the type of group Peanut Allergy Resource for Kosciusko County to "Family".
April 6 at 7:03am

Like Comment

1 ✓ Seen by 4

Write a comment
Press Enter to post

OLDER

Brooke Hamstra updated the description
April 6 at 7:03am

Closed group for families in Kosciusko County and surrounding areas to share information and resources about peanut allergies.

Like Comment

✓ Seen by 4

ADD MEMBERS

+ Enter name or email address

MEMBERS 9 Members (7 new)

SUGGESTED MEMBERS Hide

Brittney Landrum Add Member

Jenny R Spoor Young Add Member

Lauren Roth Add Member

See More

DESCRIPTION

Closed group for families in Kosciusko County and surrounding areas to share information and resources about peanut allergies.

GROUP TYPE

Family

GROUP CHATS

No group chats. Start one now

+ Start New Chat



Appendix Q
FARE Resources



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

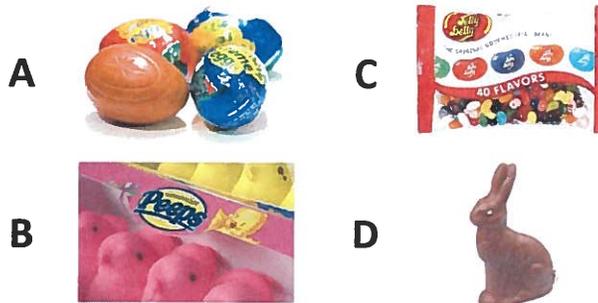


- Jill Bouillon



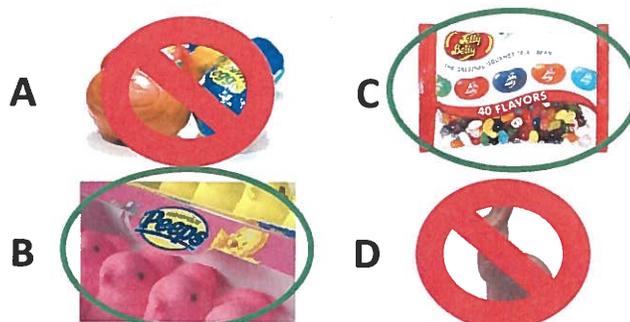
Nut Knowledge Trivia - Question 1

- 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?

**Creighton's
crazy egg**

- There is only **1** nut free restaurant in Kosciusko County



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



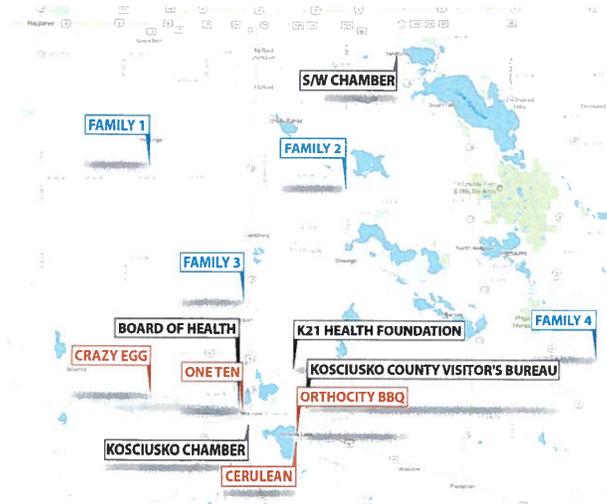
Nut Knowledge Goals & Mission

- **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 7th
 - ‘Peanut-Free Afternoon’
- Indianapolis – August 20th
 - Annual FARE Walk for Food Allergy



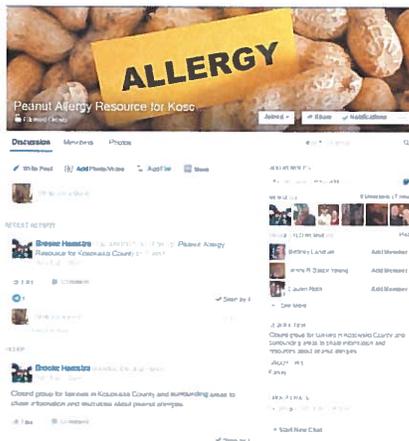
Proposal – Phase 1 - COMPLETED

- 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



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!



Questions





Jill Bouillon <jill.s.bouillon@gmail.com>

update

Jennifer Stewart <jstewart@k21foundation.org>

Thu, Mar 2, 2017 at 9:20 AM

To: CenturyLink Customer <dnitill@embarqmail.com>

Cc: Brooke Hamstra <brooke.hamstra@yahoo.com>, Jill Bouillon <jill.s.bouillon@gmail.com>

Danette, Sorry I didn't get back with you sooner. Along with Rich being out of the office for vacation last week, he was out a significant amount this week with meetings so we were just able to connect this morning.

K21 would like to be a part of your event and here is what the foundation can do with regards to financial support for your project:

- Contribute up to \$100 for food and beverage for the Restaurant owners/chefs
- Contribute up to \$200 for the creating and printing of the pamphlets
- Contribute up to \$200 for the food needed for the class which would also include any 'take-away' food that you would send with them

The total amount would be up to \$500 but with those specific breakdowns

With regards to the cookbooks, although they are a great idea, we do not feel that giving it to the participants for free is the best idea because they may or may not use them. If they purchase the cookbooks then they have a vested interest in using them. Because of this, we are not interested in funding that portion of the event.

Let me know if you have any other questions and I hope the planning is gong well.

Jennifer Stewart

K21 Health Foundation

574-269-5188 Office ext 101

574-269-5193 Fax

From: CenturyLink Customer [mailto:dnitill@embarqmail.com]

Sent: Wednesday, March 01, 2017 3:03 PM

To: Jennifer Stewart <jstewart@k21foundation.org>

Cc: Brooke Hamstra <brooke.hamstra@yahoo.com>; Jill Bouillon <jill.s.bouillon@gmail.com>

Subject: Re: update

[Quoted text hidden]

This email has been scanned for spam and viruses by Proofpoint Essentials. Click [here](#) to report this email as spam.



Jill Bouillon <jill.s.bouillon@gmail.com>

Fw: Kosciusko Leadership Academy food allergy discussion

Brooke Hamstra <brooke.hamstra@yahoo.com>

Wed, Mar 1, 2017 at 4:56 PM

Reply-To: Brooke Hamstra <brooke.hamstra@yahoo.com>

To: CenturyLink Customer <dnitill@embarqmail.com>, Jill Bouillon <jill.s.bouillon@gmail.com>

Confirmation from Rob it was sent!

On Wednesday, March 1, 2017 4:51 PM, Rob Parker <rparker@kchamber.com> wrote:

Just sent it moments ago!

Rob Parker | President & CEO

Kosciusko Chamber of Commerce

523 S. Buffalo St., Warsaw, IN 46580

P 574.267.6311 x223

M 574.265.5774

F 574.267.7762



From: Rob Parker

Sent: Wednesday, March 01, 2017 4:50 PM

Subject: Kosciusko Leadership Academy food allergy discussion

Dear Chamber Member and local restaurant owner or caterer,

I invite you to attend a discussion about peanut allergies and how restaurants in our community can make a difference and capitalize on this information. This important topic is generated from a Kosciusko Leadership Academy (KLA) team and their white paper project.

What: Round table discussion with interested Kosciusko County restaurants to learn more about peanut allergies, how restaurants can become a safe option, explore barriers and concerns, identify resources, and determine next steps.

When: Tuesday, March 21st 9 - 10:30 am

Where: Kosciusko Chamber of Commerce, 523 S Buffalo Street

Who should attend: Restaurant owners/managers/chefs interested in learning more about peanut allergies and how to overcome obstacles. Stephanie Hapner, Chef & Kitchen Coordinator at Creighton's Cray Egg will participate in the conversation sharing her expertise and awareness of benefits and challenges. Nathan Burton, Board of Health, also plans to attend.

Why attend: It is estimated that 1000 or more individuals in Kosciusko county are impacted by peanut allergies and therefore, are restricted where they can go out to eat. Providing safe options through local restaurants increases the economic benefit to the restaurant by becoming a viable option for these 1000 individuals, and for individuals in neighboring counties that are seeking the same opportunity. In addition, the new food regulations coming out in a year or so will be addressing allergies in some way, according to the Board of Health. This is an opportunity to begin the conversation in advance of any regulations.

RSVP: Reply via email to me by **Wednesday, March 15th** if you can attend.

Rob Parker | President & CEO

Kosciusko Chamber of Commerce
523 S. Buffalo St., Warsaw, IN 46580
P 574.267.6311 x223
M 574.265.5774
F 574.267.7762





AGENDA

Nut Knowledge:

Increasing Awareness, Knowledge, and Options For Those With a Peanut Allergy in Kosciusko County

- 9:00 – 9:10am** Welcome & Introductions
- 9:10 – 9:20am** Peanut Free Need in Kosciusko County
- 9:20 – 10:00am** Discussion
- *What do you know about serving guests with peanut allergies?*
 - *What barriers or concerns do you have with becoming peanut/nut free?*
 - *What resources are needed for your to become a peanut/nut free facility?*
 - *How do we help educate your restaurant guests to communicate their allergies appropriately?*
 - *Are you interested in taking the next steps to become peanut/nut free?*
- 10:00 – 10:15am** Case Study – Creighton’s Crazy Egg Café
- *Stephanie Hapner – Chef at Creighton’s Crazy Egg Cafe, Cookbook Author & Mom with 27 Years of Food Allergy Experience*
- 10:15 – 10:30am** Open Q&A / Discussion of Next Steps

Thank you for coming! This event is part of a Kosciusko Leadership Academy (KLA) project. If you’d like to discuss or get involved further after today’s event, please contact any of the team members below:

- Brooke Hamstra – 574.524.5191 / brooke.hamstra@yahoo.com
- Jill Bouillon – 765.606.5151 / jill.s.bouillon@gmail.com
- Danette Till – 260.229.4959 / dntill@embarqmail.com

RESTAURANT ROUNDTABLE

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



Sponsors



Partners



Introductions

- Kosciusko Leadership Academy (KLA)



- Brooke Hamstra



- Danette Till



- Jill Bouillon



The Need

- In the U.S., approximately 3 million people report allergies to peanuts and tree nuts
 - Peanut Allergies = 0.6 - 1.3% of population
 - Tree Nut Allergies = 0.4 – 0.6% of population
- In Kosciusko County, it is estimated that more than 1,000 individuals are impacted by peanut allergies
- The prevalence of peanut allergies has doubled from 1997 to 2002
- Pending Health Department restaurant code changes



Discussion Question 1

- What do you know about serving guests with peanut allergies?



Discussion Question 2

- What barriers or concerns do you have with serving guests with peanut allergies and/or becoming a peanut / nut free facility?



Discussion Question 3

- What resources are needed for you to become serve guests with peanut allergies and/or become a peanut / nut free facility?



Discussion Question 4

- How do we help educate your restaurant guests to communicate their allergies appropriately?



Discussion Question 5

- Are you interested in taking the next steps to serve guests with peanut allergies or to become a peanut / nut free facility?



Family Event

- Home Safety Tips for Families with Peanut Allergies
 - March 21st, 3:30 – 4:30pm
 - Creighton's Crazy Egg Café



Case Study

- Stephanie Hapner
 - Creighton's Crazy Egg Café
 - Chef, Cookbook Author, & Mom with 27 Years of Food Allergy Experience

Creighton's
Crazy Egg



Next Steps

- Meeting with Cerulean (Caleb France)
- Pending Meeting with Blue Apron
- Pending Meeting with Rua
- Follow-Up with Syracuse Pizza
- Follow-Up Email of Links & Resources



Q&A



Thank You for Attending!



**ONE
TEN**



Thank You to our Sponsors & Partners!





Jill Bouillon <jill.s.bouillon@gmail.com>

KLA Event Recap

Brooke Hamstra <brooke.hamstra@yahoo.com>

Wed, Mar 22, 2017 at 12:01 PM

Reply-To: Brooke Hamstra <brooke.hamstra@yahoo.com>

To: Jason Brown <jason.brown@onetencraftmeatery.com>, Brad Sutter <orthocitybbq@yahoo.com>, "caleb@clfhospitality.com" <caleb@clfhospitality.com>

Hello Jason, Brad and Caleb:

We thank you for your interest in Peanut Allergies and how our community can be progressive to address the needs of families with peanut allergies and other allergens that impact a diner when choosing whether or not to eat in a restaurant in our community.

We appreciate your time, feedback and concerns about this topic.

There are several good resources available on line to begin educating staff and diners. Links are provided below.

One of the leading resources is FARE (Food Allergy Research & Education, <https://www.foodallergy.org/>). Much of the information below is directly from this website.

Locally, we are fortunate to have **Stephanie Hapner, Chef & Kitchen Coordinator at Creighton's Crazy Egg Café & Coffee Bar**, who has 27 years of experience with allergies. She is a resource to others who are interested in being leaders in our community. She has been extremely instrumental in our project. In addition, I am another resource and reminder of the importance of having options in this community as I seek to navigate healthy options for my family, including two 5 year old sons, with peanut allergies.

Again, we thank you for joining in this discussion for our community and appreciate you!

Sincerely,

Brooke Hamstra, Jill Bouillon, and Danette Till

KLA Team – ***Nut Knowledge: Increasing Awareness, Knowledge, and Options for Those with a Peanut Allergy***

Links:

<https://www.foodallergy.org/resources/restaurants> - resources for restaurants, including training information, downloadable posters, etc.

<https://www.foodallergy.org/managing-food-allergies-at/dining-out/training-for-restaurant-employees>

Restaurant Employee Training Manual: <https://www.foodallergy.org/file/welcoming-guests-faan.pdf>

Restaurant Employee Training Videos (using the above manual):

- Part I: https://www.youtube.com/watch?v=fLhYgo2ltNw&list=UUE_125yu_QxOM0PXPOKj93w&index=17 7 min 49 sec
- Part II: <https://www.youtube.com/watch?v=Fz5ao-ivFts> 10 min 46 sec
- Part III: <https://www.youtube.com/watch?v=FYtjQ4ktClg> 4 min 11 sec
- Part IV: https://www.youtube.com/watch?v=_bsPEnfuzWU 4min 36 sec
- Part V: <https://www.youtube.com/watch?v=u4vxnA0IMYk> 2 min 55 sec

<https://www.servsafe.com/states/allergens-online/allergens-homepage-new> - Safe Serve National Restaurant Association

<https://www.foodallergy.org/file/facts-stats.pdf> - stats about food allergies

What are other states doing?

- Displaying food allergy awareness poster (available through FARE) in the staff area
- Require a training course with an allergen awareness component for restaurant managers and/or all restaurant personnel, i.e. "Before placing your order, please inform your server if a person in your party has a food allergy."
- Include a notice to customers on menus (and menu boards) informing the customer of their obligation to inform their server of their food allergy
- Display food allergy posters, in multiple languages, to be placed in the restaurant, visible to all guests

Local peanut free option:

**Creighton's Crazy Egg
Café and Coffee bar**

Stephanie Hapner, Chef &
Kitchen Coordinator

Peanut Allergies... important tips for restaurants.

Food Allergies affect up to 15 million Americans

Every 3 minutes, a food allergy reaction sends someone to the emergency room.

Food Allergies are serious. An allergic reaction to food can cause death.

Top Food Allergens:

- Peanuts
- Tree nuts
- Fish
- Shellfish
- Eggs
- Milk
- Wheat
- Soy

Pamphlet created as a part of KLA project, class of 2017 by:
Brooke Hamstra
Jill Bodillon
Danelle Till

HOME SAFETY TIPS FOR FAMILIES WITH PEANUT ALLERGIES



No Nuts...only Crazies, Please!

**Tuesday, March 21st 3:30 - 4:30 pm
Creighton Crazy Egg Café & Coffee Bar**

- I. Introductions – *name & what brings you here today?*
 - a. Make sure you *sign in* with contact information
- II. Stephanie Hapner – *chef at Creighton Crazy Egg Café & Coffee Bar, cookbook author & Mom with 27 years of experience with allergies*
- III. Priorities in the home:
 - a. *Cleanliness - but what does that mean?*
 - b. *Gloves - do I have to?*
 - c. *Food storage*
 - d. *Cross contamination*
- IV. Visiting friends and family in their homes
- V. Reading labels – *what you don't know CAN hurt you*
- VI. Options – *where to buy products ready-made or mixes*
- VII. Restaurants – *where to safely go with your family*
- VIII. Next steps....
 - a. *Sharing of names/contact information*
 - b. *Future meetings/connections & how*
 - c. *What is needed?*
- IX. Tasting of **Samples by Stephanie**
- X. Orders?
 - a. *Cookbook orders - sign up to pre-order*
 - b. *Baked goods - sign up if interested in ordering*

This event is a part of a Kosciusko Leadership Academy (KLA) project by Brooke Hamstra (brooke.hamstra@yahoo.com; 574-524-5191),

Jill Bouillon (jill.s.bouillon@gmail.com; 765-606-5151), & Danette Till (dntill@embarqmail.com; 260-229-4959).

Thank you for your participation today!

Next Steps and Feedback

Thank you for participating in *Home Safety Tips for Families with Peanut Allergies!* We would like your input on next steps and feedback.

Name: _____ Contact information _____

NEXT STEPS

Do you have concerns for your child, with a nut allergy, and your child attending public school, churches, and/or daycare?
 No Yes Explain: All of the above. feel enough people aren't educated on food allergies. Hard to trust anyone else with my child.

Would you go to a Kosciusko County restaurant if they specifically were set up to serve individuals with peanut allergies? (If you would still have concerns, please note those in the explanation.)
 No Yes Explain: All the time

Do you go to restaurants in Kosciusko County or the surrounding area that are safe for someone with a peanut allergy?
 No Yes If yes, please list the restaurant(s):

We are aware of FARE (Food Allergy Research & Education). Are there additional resources you utilize?
 No Yes If yes, please list resources: No Nuts Mom Group

Do you need additional information to address the needs of your child/family member with a peanut allergy?
 No Yes Explain:

OTHER COMMENTS OR SUGGESTIONS

Was the information today helpful?
 No Yes Very!

Prior to today's event, were you aware that Creighton Crazy Egg Café offered peanut free options (in the restaurant and for purchase/order for special events at school, home, etc.)?
 No Yes Suggestions: Knew food was but wasn't aware of desserts

Please include any additional comments or suggestions that you'd like to share.

Thank you for participating in today's event and KJA project by Brooke Hamstra, Jill Bonifon, & Danielle Till!

Next Steps and Feedback

Thank you for participating in *Home Safety Tips for Families with Peanut Allergies!* We would like your input on next steps and feedback.

Name:

Contact information:

NEXT STEPS

Do you have concerns for your child, with a nut allergy, and your child attending public school, churches, and/or daycare?

No Yes Explain: *people just don't understand "Nut Free" But made in a facility that carries nuts.*

Would you go to a Kosciusko County restaurant if they specifically were set up to serve individuals with peanut allergies? (If you would still have concerns, please note those in the explanation.)

No Yes Explain: *It would make it easier to order.*

Do you go to restaurants in Kosciusko County or the surrounding area that are safe for someone with a peanut allergy?

No Yes If yes, please list the restaurant(s): *there is only one in our community.*

We are aware of FARE (Food Allergy Research & Education). Are there additional resources you utilize?

No Yes If yes, please list resources:

Do you need additional information to address the needs of your child/family member with a peanut allergy?

No Yes Explain:

OTHER COMMENTS OR SUGGESTIONS

Was the information today helpful?

No Yes

Prior to today's event, were you aware that Creighton Crazy Egg Café offered peanut free options (in the restaurant and for purchase/order for special events at school, home, etc.)?

No Yes Suggestions:

Please include any additional comments or suggestions that you'd like to share.

THANKS FOR THE GREAT INFORMATION!

Thank you for participating in today's event and KLA project by Brooke Hamstra, Jill Bawillon, & Donette Till



Live well in the moment

April 6, 2017

**KLA Group Members
Nut Knowledge Team**

Dear Group,

As a local organization and resource to the community, I participated in discussions with the KLA Nut Knowledge team about peanut allergies. We support getting this information out to the community and aiding in the process to help our community become more allergy friendly. I personally have a food allergy to gluten and can completely attest to the extra steps and cautions that families must take to be safe.

In addition, I value the local restaurant owners that are willing to look at ways they can adapt their operations and environment to enhance service to residents and visitors to the county who have food allergies.

I appreciated the opportunity to share in discussions and want to continue to learn more through future opportunities. Best wishes for success to the Nut Knowledge KLA Team!

Kindest Regards,

A handwritten signature in black ink that reads "Jill Boggs". The signature is fluid and cursive, with a long horizontal stroke extending from the end of the name.

Jill Boggs
Executive Director
Kosciusko County Convention and Visitors Bureau
111 Capital Drive
Warsaw, Ind. 46582
574.269.6090
jillboggs@koscvb.org

Dear KLA Nut Knowledge Team:

I was excited to learn of your interest regarding peanut allergies and the seriousness of such allergies. I This is something that I have dealt with in my own life and home for over 27 years. After my son was diagnosed with severe allergies at age 9, I knew changes needed to be made. It was important to me that he have options and that he did not feel different than other kids or singled out. I wanted him to be able to take cookies to school that he could eat or have friends over and have pizza like other children. When I was on this journey, I was alone and from that God gave me my own gift of cooking for individuals with allergies. From that I wrote 2 cookbooks and have traveled across the country sharing my book. I learned through that experience just how many individuals are impacted by allergies and how isolating and frightening it can be.

Your interest, your project, and the events held as a part of your KLA project are so important for our community. Kosciusko is a progressive community that has many young families living in our area. We can set ourselves apart by addressing this important health initiative. I am thankful as a chef and kitchen coordinator at Creighton's Crazy Egg Café and as a parent and an individual with allergies that others are seeing the importance of this issue. It is through your initiative that the conversation has started momentum in the right direction.

Thank you and you have my support and encouragement as you move forward with your support initiative for parents and continued education for the community.

Sincerely,

Stephanie Hapner

April 10, 2017

Caleb France:

Cerulean Winona Lake
Cerulean Indianapolis
Light Rail Café & Roaster
The Garden
Winona Heritage Room

1101 E. Canal Street
Winona Lake, IN 46590



To Whom It May Concern:

As a restaurant owner I fully support being adaptable to the needs of customers and daily have multiple calls to our restaurant asking if we can address the specific allergy needs of that customer. At times, it can be frustrating for our chefs and staff, as it can require additional work, however, I like to remind the staff that this customer has chosen to trust us with their health and that is an honor - it speaks to how we are seen in the community.

We are a farm to table restaurant using fresh ingredients. We welcome others to see the importance of this way of eating and would welcome the chance to be a part of an educational dinner for physicians to begin to promote understanding of food allergies and addressing those in our community.

Sincerely,

A handwritten signature in black ink, appearing to read 'Caleb France'. The signature is stylized with a long horizontal stroke at the end.

Caleb France, President

*The Syracuse-Wawasee
Chamber of Commerce*



e: andrea@swchamber.com

Board President

Tricia Small
Teghtmeyer Ace Hardware

Board Vice President

Heath Simcoe
Mutual Bank

Board Treasurer

Chip Erwin
Sleepy Owl

Board Appointee

Judy Shoemaker
WACF

Jack Birch
Birch Law Firm

Steve Fields
Shoe Sensation

Sylvia Gargett
Northern Lakes Insurance

Jim Layne
Police Chief

Erick Leffler
*Dynamic Spine &
Rehabilitation Center*

David Mayer
Retired

Dennis Pressler
StoneyPoint, LLC

Tony Pagliari
Parker Hannifin

Kristy Rumfelt
Beyond Landscaping

**Syracuse-Wawasee Chamber of Commerce
Executive Director, Andrea Keller**

As a local organization and resource to the community, I participated in the roundtable discussion held on March 21st about peanut allergies. We support getting this information out to the community and aiding in the process to help our community become more allergy friendly.

I appreciated the opportunity to share in the in discussion on March 21st and to continue to learn more through future opportunities.

Thank you,
Andrea Keller

A handwritten signature in cursive script that reads "Andrea Keller".



FOOD ALLERGIES: KEEP YOUR GUESTS SAFE

EVERY 3 MINUTES A FOOD ALLERGY REACTION SENDS SOMEONE TO THE EMERGENCY ROOM.

THE "TOP EIGHT" COMMON FOOD ALLERGENS:



Peanuts

Tree Nuts

Fish

Shellfish

Eggs

Milk

Wheat

Soy

Food allergies are serious. AN ALLERGIC REACTION TO FOOD CAN CAUSE DEATH. When you are serving a person with a food allergy:



AVOID CROSS-CONTACT FROM THE START.

Clean the dining area with clean soap and water and a clean towel between each guest.



MAKE SURE YOU UNDERSTAND THE ALLERGY.

Write down the guest's allergy to record the conversation. If you have questions, ask the guest.

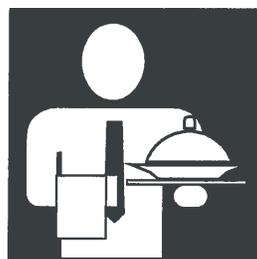


TAKE ALL FOOD ALLERGY REQUESTS SERIOUSLY.

Refer the allergy to the chef, manager or person in charge.



USE ONLY FRESH INGREDIENTS, INCLUDING COOKING OIL.



GET IT THERE SAFELY.

Double check with the chef to make sure you have the right meal. Don't let anyone add garnishes. Carry the special meal to the table separately.



CHECK WITH THE GUEST TO MAKE SURE THEY ARE SATISFIED WITH THEIR MEAL.

AVOID CROSS-CONTACT! All food equipment that is used in the handling and processing of allergy-safe foods must be properly cleaned and sanitized before use.

CALL 911 AT THE FIRST SIGN OF A REACTION!

Sources of Cross-Contact

Cross-contact occurs when an allergen is unintentionally transferred from one food to another. Even a tiny amount of an allergen can cause a severe and potentially life-threatening reaction.

Source of Cross-Contact	Example:
Hands	<ul style="list-style-type: none"> Handling shrimp and then preparing a salad Touching almonds and then making pasta
Utensils, cutting boards, baking sheets, pots & pans	<ul style="list-style-type: none"> Using the same spatula to flip a hamburger after a cheeseburger Slicing cheese and then vegetables on the same cutting board
Preparation and cooking surfaces	<ul style="list-style-type: none"> Preparing different kinds of sandwiches on the same countertop Cooking fish and chicken on the same flat top grill
Steam, splatter, flour dust and crumbs	<ul style="list-style-type: none"> Steam from cooking fish or shellfish touches nearby foods Baking flour from pancake mix splatters onto bacon
Refrigerators, freezers and storage areas	<ul style="list-style-type: none"> Ranch dressing drips onto a vinaigrette stored on a lower shelf Milk leaks onto margarine stored on the same shelf
Deep fryers and cooking oils	<ul style="list-style-type: none"> Making french fries in a deep fryer after chicken tenders Reusing cooking oil to sauté green beans after sautéing fish
Condiments, nut butters and jelly/jams	<ul style="list-style-type: none"> Dipping a knife used to spread peanut butter into a jelly jar Touching the tip of a squeeze ketchup bottle to a breaded chicken breast
Shortcuts	<ul style="list-style-type: none"> Picking croutons off a salad Scraping eggs off a plate

Proper Cleaning to Remove Allergens



Wash with warm, soapy water



Rinse with clean water



Dry with a fresh cloth

For each new item, use clean:

Hands
Latex-Free Gloves

Utensils
Surfaces

Oil and Water
Pots/Pans/Baking Sheets



MILK



WHEAT



EGGS



SOY



SHELLFISH



PEANUTS



TREE NUTS



FISH

Top 8 Allergens

But over 170 foods have caused food allergy reactions

Prevent Cross-Contact

Keep diners with food allergies safe. Even a tiny amount of an allergen can cause a severe and potentially life-threatening allergic reaction.

Cross-Contact	Cross-Contamination
Occurs when an allergen is unintentionally transferred from one food to another	Occurs when microorganisms like bacteria contaminate food
Can cause food allergy reactions	Can cause foodborne illnesses
Proper cooking does NOT reduce or eliminate the chances of a food allergy reaction	Proper cooking may reduce or eliminate the chances of foodborne illness



Always wash hands and change gloves between preparing different menu items



Clean and sanitize surfaces between every menu item: countertops, cutting boards, flat-top grills, etc.



Always use clean kitchen tools for food preparation: pots, baking sheets, utensils, cutting boards, etc.



Prepare meals on top of barriers like cutting boards, foil, deli paper, etc.



Remember: If a mistake is made, you must start over and remake the allergy-friendly meal

Proper Cleaning to Remove Allergens



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Rinse with clean water



Dry with a fresh cloth



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