

# YOU CAN S.A.V.E. THE DAY!

MAY IS  
FOOD ALLERGY  
ACTION MONTH!

FOOD ALLERGIES ARE VERY SERIOUS, AND 1 IN 13 KIDS IN THE U.S. HAS ONE. HERE ARE SOME EASY WAYS THAT YOU CAN BE A GREAT FRIEND TO KIDS WITH FOOD ALLERGIES!



**SUPPORT**

OTHER KIDS! NEVER SHARE FOOD WITH FRIENDS WITH FOOD ALLERGIES

**ASK**

AN ADULT FOR HELP IF A FRIEND FEELS SICK

**VOW**

TO WASH YOUR HANDS AFTER YOU EAT

**EARN**

THE TITLE "FOOD ALLERGY ACTION HERO" BY LEARNING ALL YOU CAN ABOUT FOOD ALLERGIES!



LEARN MORE AT  
[WWW.FOODALLERGY.ORG](http://WWW.FOODALLERGY.ORG)



**FARE**

Food Allergy Research & Education