



FOOD ALLERGY FACTS

- 1 in 13 children in America has a food allergy (2 children in every classroom)
- Food allergies can be life-threatening and need to be taken seriously
- Strict avoidance of the food allergen is the only way to prevent a reaction
- **Children can be allergic to any food, but 90% of children are allergic to one or more of the following foods: milk, egg, peanut, tree nut, fish, shellfish, wheat and soy**
- 35% of children with food allergies have been bullied due to their allergy
- **Outside foods are a common cause of allergic reactions in the classroom**



Children with food allergies can have life-threatening reactions with exposures to even tiny amounts of allergen. All food allergies need to be taken seriously. Strict avoidance of food allergens is the only way to prevent a reaction.

Kids with food allergies need to do certain things to stay safe. Unfortunately, students with food allergies are sometimes excluded from activities or experiences and sometimes the subject of bullying, teasing or harassment. Fortunately, with an aware and understanding school community, children with food allergies can participate in and benefit from all the great experiences and opportunities that their peers do.



Tips to Make School Safe for Everyone

- Avoid using food when possible for classroom/school activities and crafts.
- If using food for a classroom/school activity, choose foods that allow all students to safely participate.
- Use individually wrapped and labeled foods at school events. This helps prevent cross-contact and allows teachers/ parents to read labels to ensure child safety.
- Do not serve food to any child without teacher/parent knowledge and consent.
- Encourage your child to wash his hands with soap and water immediately right after they eat anything at school. Hand sanitizer is not sufficient in relationship to allergens.
- Be aware that some non-food items, such as craft supplies, may contain allergens.
- Adult attitudes can have significant impact on how children with food allergies are treated.
- **Make it a priority to create a safe environment for all students!**