Food Allergy Interventions
Parents/Guardian List of Topics to Review with their Child

☐ **Safe and unsafe foods-foods that are safe are foods from their parent/guardian and food from the school kitchen; say no to unsafe foods.**

As a student grows up they can learn more about safe foods, but while they are young keep it simple. People who may offer food may not know, or might forget that a student has an allergy (such as foods offered at special events). People might not understand what an allergy is about, or may not know all of the allergies a student might have. It is important the student knows to say, "no".

☐ **Ability to describe symptoms of allergic or food reactions- what would you say to an adult if you think you are having an allergic reaction?**

Saying they feel sick or they feel funny is unclear, an adult hearing this might not realize the complaint is serious. A student saying they think they might be having an allergic reaction is clear.

☐ **Where will you go if you think you are having an allergic reaction if you are on the playground, in the hallway, in the office, or?**

Some students don't know where to go if they are not with their teacher. A possible instruction to your student is to go to the closest adult and ask for help.

☐ **What if you tell an adult that you need help and they don't react to help you, what should you do and why might that happen?**

(They did not hear you or didn't understand you or…) Do you think the adult can hear you if the playground is noisy? Do you think they might have been busy with another student who was asking them a question at the same time? Is it important for you to tell them again? Do you think you should use your OUTSIDE voice so the adult can hear?

It can be helpful to practice with the student how to disagree or "advocate what they need" with an adult. Adults who are busy might not hear what the student said. They may be distracted. They may not be listening. They many

not understand. If the student tells the adult about their allergy symptoms and the adult does not act, the student needs to be ready to advocate.

☐ **Trading meals- what are you going to do if another student wants to trade meals with you?**

Don't trade meals-students need to know this can result in their receiving a food that contains an allergen. Students who practice saying "no" are better prepared. Some students have confidence in saying no, others have a hard time for many reasons such as peer pressure and may need ready excuses to use to help them say no (it is suggested that the student practices a response).

☐ **For older students and parents- food labels. Do you read food labels? Food labels have good information for you to know, so it is good to practice.**

Reading and becoming familiar with food labels is helpful to avoid foods that are not safe, and is a habit that can preserve the student's health. The student can best protect himself or herself by:

- Knowing and understanding how to read a label
- Knowing and understanding exactly how the food was made
- Knowing what is in a food
- Reading labels can make the list of SAFE foods bigger

Other helpful hints to read or talk about with your child at home:

- Adults in the school might not know about the student's allergy or allergies in general such as another parent, a volunteer, or a substitute
- The student should always tell their parent/guardian if people are offering them food in school so the parent/guardian can contact the school to stop the practice
- The student should tell their parent/guardian if any problems occur with other students about their diet (such as bullying). The school district does not tolerate bullying, we appreciate parents informing us so we can stop it
- Any class project conducted by teaching staff involving food must be planned in a way to ensure proper food handling techniques and to avoid food that contains ingredients that a student in the classroom is allergic to.

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