

**GLENVILLE PARENTS** can help promote allergy awareness and reduce the risk of an allergic reaction occurring in school by doing the following:

**1. Take Food Allergies Seriously.**

It is difficult to believe that foods most of us enjoy every day can be harmful to others, but IT'S TRUE. Food Allergy students need our help to prevent life threatening food allergic reactions. Sometimes, a food allergy reaction happens from eating, touching, or breathing in a tiny amount of the allergic food.

**2. Read Food Label.**

Before sending food into school for snack, lunch, and after school activities, check to see if the food has peanuts/nuts or other food that your child's friends and classmates are allergic to. (Refer to back page for information on understanding food labels.)

**3. Learn the signs and symptoms of a food allergic reaction.**

An allergic reaction can happen very quickly. Familiarize yourself with the symptoms of an allergic reaction, Reactions can range from mild (hives) to severe ( anaphylaxis). (Refer to back page for more information.)

**4. Celebrate your child's birthday with non-food treats.**

Bring in games, books or a craft to celebrate your child's birthday. Give each child something they can take home that they can play with, make or read. Please see your child's teachers to discuss non-food guidelines.

**5. Talk to your children about food allergies.**

Teach your children to be mindful of other children's allergies when they are eating together. Teach your child not to share food and to wash their hands with soap and water at school.

**GLENVILLE STUDENTS** can be a good friend to a food allergic classmate by doing the following:

**1. Ask your friend what they are allergic to.**

Help them to stay away from these foods.

**2. Never share food with your allergic friend.**

What you are eating could have an ingredient in it that is harmful to your friend. This is a time when it is OK NOT to offer to share.

**3. Avoid eating food that contains the ingredients your friend is allergic to when that friend is nearby.**

If you have a favorite food that your friend is allergic to, eat that food when you are at home and not with your friend. Ask your parents to pack you a snack and lunch that contains safe foods.

**4. Wash your hands and face with soap and water after you eat.**

It is the best way to wipe off any food that is on your hands and face.

**5. If a friend who has food allergies feels sick, get help immediately.**

Tell an adult right away. An allergic reaction can happen anytime and anywhere. Your quickness could save a life.

## KNOW THE FACTS!

### SIGNS & SYMPTOMS

Precious time is lost when adults do not immediately recognize that a reaction is occurring or don't understand what a child is telling them. A young child may put their hands in their mouths or pull or scratch at their tongues in response to a reaction. Also, children's voices may change (e.g., become hoarse or squeaky) and they may slur their words. The following are examples of the words a child might use to describe a reaction:

- "The food is too spicy", "My tongue is hot ( or burning, itchy/tingling or feels heavy)"
- "My mouth/tongue feels funny", "My lips feel tight"
- "There's a frog (something stuck in my throat)", "My throat feels thick"
- "It feels like there are bugs in there" to describe itchy ears.
- "It feels like a bump is on the back of my tongue (throat)"
- "I can't breathe"

If you suspect that a child is having an allergic reaction, follow their emergency action plan and treat the reaction immediately. For more information, please go to [www.foodallergy.org/symptoms](http://www.foodallergy.org/symptoms).

### FOOD LABELING

The Food Allergen Label and Consumer Protection Act (FALCPA) of 2004 states that if a food product contains one of the top 8 allergens (wheat, eggs, milk, peanuts, tree nuts, soy, fish, shellfish), it must be indicated on the ingredient label in one of two ways:

1. In parentheses and/or bolded within the ingredient list. OR
2. Immediately after or adjacent to the ingredient list as CONTAINS: peanuts, milk.

Cross contamination occurs when harmful food bacteria is transferred from other food products, kitchenware & utensils. Currently, there are no laws requiring cross contamination information to be provided by the food manufacturer on ingredient labels. "May contain", "May contain traces of", and "made in a facility with" statements are all VOLUNTARY. A product without this information should NOT be considered safe for a food individual. The only way to be certain a product is free of any cross contamination is to call the company and ask about their manufacturing practices.

The best rule of thumb is: If in doubt, stay away from the product in question. It is always best to err on the side of caution and safety!

# GLENVILLE GATORS ARE ALLERGY AWARE!

**Kids with food allergies need  
ALL OF US  
to help keep them safe!**

