



Be a PAL[®]

to Friends with Food Allergies

**1 in 13 kids in the United States has a food allergy.
That's about 2 kids in every classroom.**

Here are tips to help you Be a **PAL[®]** (**Protect A Life**) for friends with food allergies:

Tip 1

Remember that even a tiny amount of the wrong food can kill someone with food allergies.

Tip 2

Don't share your food with friends who have food allergies.

Tip 3

Wash your hands after every meal.

Tip 4

If your friend with food allergies looks or feels sick, help them get their medicine right away.

**Save this handout so you will remember how to Be a PAL[®]
to your friends with food allergies!**