A PARENT CHECKLIST
Everything a parent needs to know when sending their child with food allergies to school for the first time

What to Do Before School Starts

Be well-versed on your child’s food allergy.

- The foods he or she must avoid.
- The signs and symptoms of an allergic reaction.
- The ways your child might describe an allergic reaction.
- The correct way to use an epinephrine auto-injector.
- Make sure your child knows what to do if he or she experiences an allergic reaction.

Schedule an appointment with your child’s pediatrician or allergist.

- Check your child’s medication supply and expiration dates.
- Get a prescription for any medications you may need (e.g., for school, self-carry, home).
- Check that you have the correct strength of epinephrine auto-injector for your child’s weight.
- Have the medical provider fill out any required school forms, including a food allergy emergency care plan.

Meet with your child’s teacher, school nurse, cafeteria manager and other staff (e.g., coach, band director).

- Be clear on the school’s guidelines for managing students with food allergies.
- Discuss your child’s needs throughout the school day in different areas, including the classroom, cafeteria, playground and school bus.
- Ask if cafeteria staff have been trained on safe food preparation for food allergies.
- Share your child’s emergency care plan with everyone who comes in contact with him or her.
- Work with the school to develop a Section 504 Plan, or other written food allergy management plan.
- Know who is trained to give your child’s medication in the event of an emergency.
- Determine if guidelines like no food sharing or handwashing after eating or handling food can be implemented in the classroom.
- Discover where food will be kept, where your child will eat and who will oversee meals or snacks.
- Ask to be given advanced noticed about field trips and other events.

When School Starts

- Deliver your child’s emergency care plan and medication(s) on or before the first day of school.
- Remind your child to avoid eating any food whose ingredients are unknown, such as home-baked goods.
- Check-in with your child’s teacher(s) to see how things are going.
- Always be on the lookout for signs that your child might be experiencing bullying or teasing because of his or her food allergy.
- Share resources, like those found on FARE’s Back-to-School Headquarters, with your child’s school.

Learn more at FoodAllergy.org

Back to School with Food Allergies