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.

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