

# Back to School With FARE

A Month-by-Month View of Food Allergy Management in Schools



Brought to you by  **FARE**  
Neighborhoods Initiative™

**Thank you for all you do for your  
students & the food allergy community!**



Let us know  
what you think  
of this calendar.



For more information about food allergy: **FoodAllergy.org**

To download *Food Allergy Management in Schools (FAMS): Expert Recommendations for K–12*: **FoodAllergy.org/FAMS**

To access resources for school staff: **FoodAllergy.org/backtoschool**

For free training: **FoodAllergyAcademy.org**

Check out the FARE Neighborhoods Initiative in your region: **FoodAllergy.org/FNI**

Have a question or need free resources or training? Email **healthequity@foodallergy.org**



View the checklist to see if there's more to do.

# Are you prepared to care for students with food allergy?

The start of the new school year is a great time to review policies and procedures for managing students with food allergy.

- Do you have an Emergency Care Plan on file for all students with a known food allergy?
- For students who don't self-carry, do you have their epinephrine delivery systems?
- Does your school stock unassigned epinephrine? (Allowed in nearly every state and required in many.)
- Do multiple staff members have access to epinephrine? Do they know where it is stored? Epinephrine should never be locked up, but if it is, make sure multiple people have a key.
- Are key staff trained in how to administer epinephrine? In addition to teachers, this could include staff from food service, athletics, and transportation, as well as classroom assistants and substitute teachers.
- Does the food service staff know which students have food allergy? Are safe substitutions available?

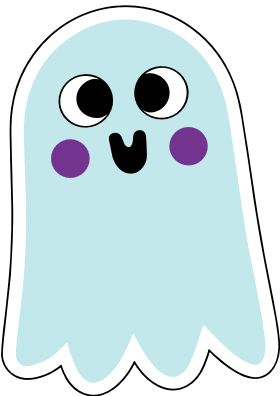
# September 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1  Labor Day	2	3	4  Mawlid-al-Nabi (Birthday of Mohammad)	5	6
7  Grandparents Day	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22  Autumn Equinox Beginning of Navaratri Beginning of Rosh Hashanah	23	24  End of Rosh Hashanah	25	26	27
28	29	30				

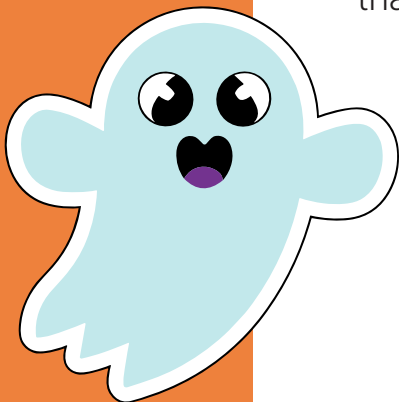


Scan to download FARE's fillable Emergency Care Plan.



# Make sure Halloween is fun for all.

Every year, millions of children look forward to Halloween, planning their costumes and anticipating loads of candy. But kids with food allergy and other dietary restrictions must approach Halloween with caution—and diligent label-reading. Offering non-food treats, like stickers and bubbles, helps ensure that all students can be part of the fun.



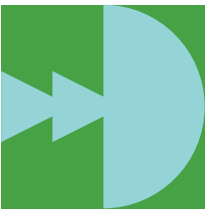
## October 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Beginning of Yom Kippur	2 End of Yom Kippur (Day of Atonement) Dussehra (End of Navaratri)	3	4
5	6 Beginning of Sukkot (Feast of Tabernacles)	7	8	9	10	11
12	13 Columbus Day Indigenous Peoples' Day End of Sukkot	14 Beginning of Simchat Torah	15 End of Simchat Torah	16	17	18
19	20 Diwali	21	22 Birth of the Báb	23	24	25
26	27	28	29	30	Teal Pumpkin Project 31 Halloween	



Scan to learn more about the Teal Pumpkin Project.



# Educate staff about common food allergy myths.

**MYTH**

Antihistamines will stop an allergic reaction.

**FACT**

Antihistamines (like Zyrtec®) can help relieve some symptoms like an itchy mouth or skin, but they DO NOT stop anaphylaxis.

**Epinephrine is the only approved medication to stop anaphylaxis and should be given first and fast.**

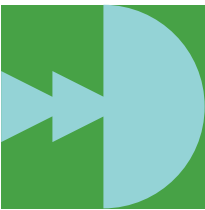
**MYTH**

Each reaction will get worse and worse.

**FACT**

Food allergy reactions are unpredictable.

**The way a person's body reacts to a food one time can't predict how they will react the next time. There is no way to know if a reaction is going to be mild, moderate, or severe. People with food allergy should always be prepared with emergency medication, just in case.**



# November 2025

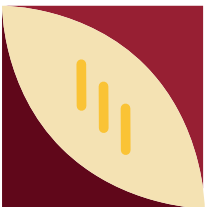
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1  All Saints' Day
2  Day of the Dead Daylight Savings Time Ends	3  Election Day	4	5  Guru Nanak Jayanti	6	7	8
9	10	11  Veterans Day	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	Martyrdom of Guru Tegh Bahadur			Thanksgiving		



Scan to see more myths and facts.



# Take food out of the equation for celebrations or rewarding students.



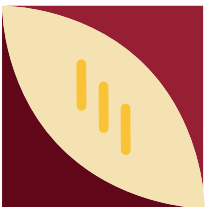
Rewarding students with candy, pizza, or frozen treats may leave those with food allergy—and other dietary or religious restrictions—out of the celebration. There are many alternatives to food-based incentives in the classroom.

**Some ideas include:**

- Extra recess time
- Watching a movie
- A “no homework” night
- Holding a lesson outdoors
- Free time at end of the day
- Offering non-food treats, like stickers or fidget toys
- Holding game time (e.g., board games, cards, Simon Says)
- Allowing students to play music



# December 2025

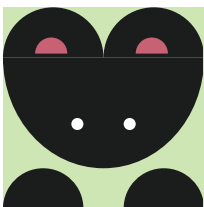
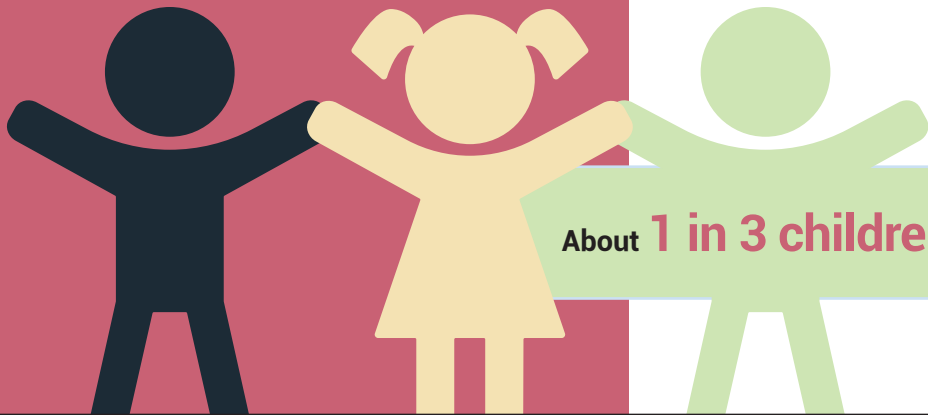


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8 Bodhi Day	9	10	11	12	13
14 Beginning of Hanukkah	15	16	17	18	19	20
21 Winter Solstice	22 End of Hanukkah	23	24 Christmas Eve	25 Christmas	26 Beginning of Kwanzaa	27
28	29	30	31 New Year's Eve			



Scan to view FARE’s classroom toolkit.

# Understand how food allergy impacts someone's social-emotional well-being.



Food allergy can negatively affect the school experiences of students.

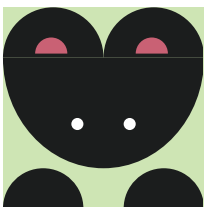
**Children with food allergy are at risk for the following:**

- Anxiety and fear of accidental exposure to their allergen(s)
- Social isolation and bullying
- Peer pressure and risk-taking behaviors

Due to these factors, food allergy may affect mental health, school attendance, or participation in academic activities, potentially resulting in learning loss.

About **1 in 3 children** have been bullied, teased, or harassed about their food allergies.

## January 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1  New Year's Day End of Kwanzaa	2	3
4	5	6  Three Kings' Day	7  Orthodox Christmas	8	9	10
11	12	13  Maghi	14  Makar Sankranti	15	16	17
18	19  Martin Luther King, Jr., Day	20	21	22	23	24
25	26	27	28	29	30	31



Scan to view a teen's TEDx Talk on food allergy anxiety.

# Be ready to act in the event of an allergic reaction.

A person having an allergic reaction could have a combination of symptoms from different body areas. These symptoms can quickly progress to anaphylaxis, a life-threatening condition that requires epinephrine.

**Get Trained: Save a Life!**  
Recognizing and Responding to Anaphylaxis is offered for free at [foodallergyacademy.org](https://foodallergyacademy.org).



## Here are the steps to take when you suspect anaphylaxis:



- Administer epinephrine immediately.
- Call 911. Tell the dispatcher that the person is having anaphylaxis, so EMS brings epinephrine.
- Administer inhaler and/or antihistamine, if indicated in the care plan.
- Lay the student flat, raise their legs, and keep them warm. If they have difficulty breathing or are vomiting, they can sit up or lie on their side.
- You may need to give a second dose of epinephrine if symptoms do not improve, or if they improve and then return.
- Alert emergency contacts.
- Transport the student to the ER via ambulance, even if symptoms are resolved.
- Always stay with a student experiencing anaphylaxis until emergency help arrives.

# February 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Tu Bishvat Groundhog Day	3	4	5	6	7
8	9	10	11	12	13	14 Valentine's Day
15 Mahashivaratri	16 Presidents Day	17 Chinese New Year Beginning of Ramadan Lunar New Year	18 Ash Wednesday Beginning of Lent	19	20	21
22	23	24	25	26	27	28

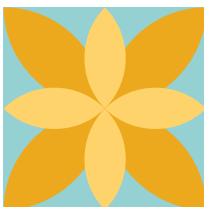
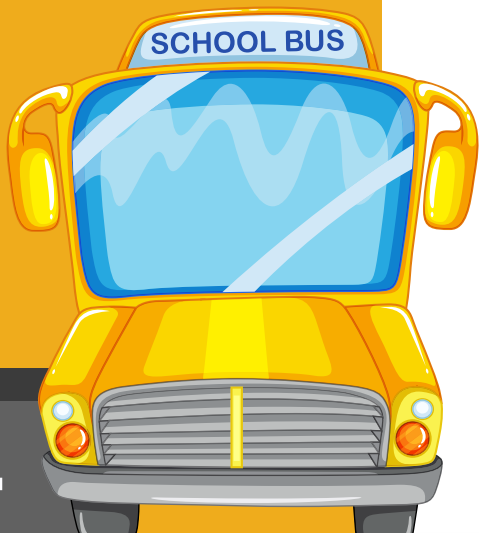


Scan to see the signs and symptoms of anaphylaxis.



# Make sure students with food allergy can fully participate in field trips.

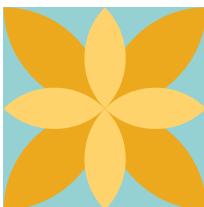
When planning field trips, care should be taken to ensure a supportive and welcoming environment for everyone, including those with food allergy.



## Before the field trip, take the following steps:

- Review the student's Emergency Care Plan and make sure everyone who will come into contact with the student is aware of what's in the plan. A copy of the plan should come on the trip, along with the student's medication.
- Ensure all staff/chaperones supervising the student know what food(s) the student must avoid, as well as signs and symptoms of an allergic reaction and how to respond.
- Make sure all staff/chaperones know who is carrying the epinephrine (older students may be carrying it themselves) and who on the trip is trained to administer it.
- Ensure all food/snacks that are provided are safe for the student. Packaged foods with easy-to-read, detailed labels are ideal.
- Know where the closest hospital to the field trip is located, and make sure someone on the trip has a cell phone.

# March 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Beginning of Purim	3 End of Purim	4 Holi	5	6	7
8 Daylight Savings Time Begins	9	10	11 Ash Wednesday	12	13	14
15	16	17 Saint Patrick's Day	18	19 End of Ramadan Ugadi	20 Spring Equinox	21
22	23	24	25	26	27	28
29 Palm Sunday	30 Beginning of Eid al-Fitr	31 End of Eid al-Fitr				

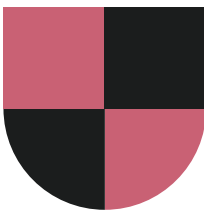


Scan to view more on field trip safety.



# Know that food allergens can be present in everyday items.

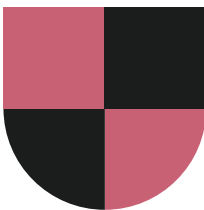
Common food allergens aren't just in food; they can be found in cosmetics, hygiene products, arts and crafts supplies, and prescription and over-the-counter medications. These items do not have to list the nine major allergens in plain language. Always read labels and call manufacturers/talk to a pharmacist for assistance.



## Some things to keep in mind:

- Body lotions and hair products can contain almond, sesame, soy, and other common allergens.
- Dental treatments may contain allergens. For example, Recaldent® is derived from milk and is an ingredient in special toothpaste.
- Many prescription and over-the-counter medications contain fillers and/or coatings, which can contain milk, soy, shellfish, or other allergens. For example, prednisone and some powder inhalers contain lactose, which may contain milk protein.
- Playdough and craft paint may contain common allergens.

# April 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 Maundy Thursday Theravada New Year End of Lent	3 Good Friday	4
5 Easter Sunday	6	7	8	9	10	11
12 Orthodox Easter	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	29	29	30		

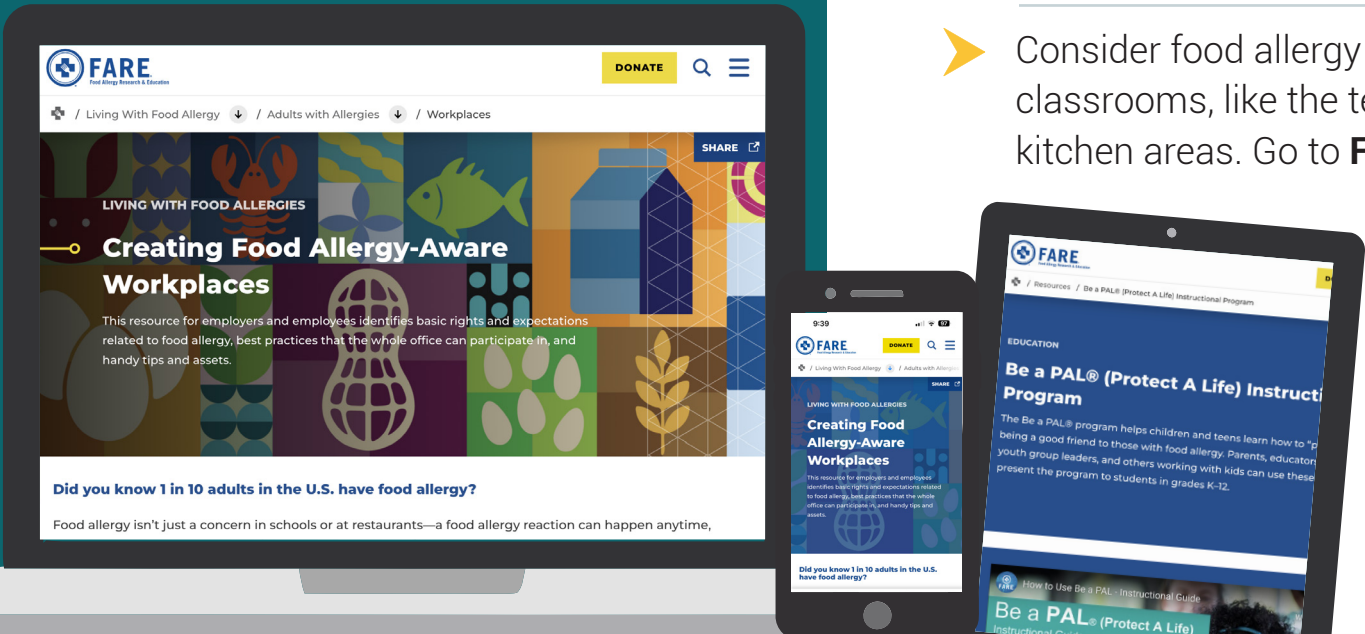


Scan to learn more about avoiding major food allergens.



# Celebrate Food Allergy Awareness Week!

There are many ways to mark Food Allergy Awareness Week and Month.



Below are some ideas you can implement in your school.

- Present the Be a PAL program. This free curriculum teaches students how to be good friends to their peers with food allergy. It's available for grades K-12 with resources in multiple languages. Go to **FoodAllergy.org/resources/be-palr**.
- Conduct a Food Allergy Lunch and Learn for staff that reviews the *Food Allergy Management in Schools (FAMS): Expert Recommendations for K–12*. Go to **FoodAllergy.org/FAMS**.
- Consider food allergy awareness beyond students and classrooms, like the teacher and staff lounges and shared kitchen areas. Go to **FoodAllergy.org/workplaces**.

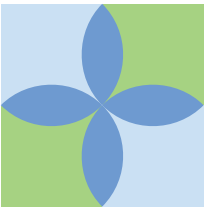
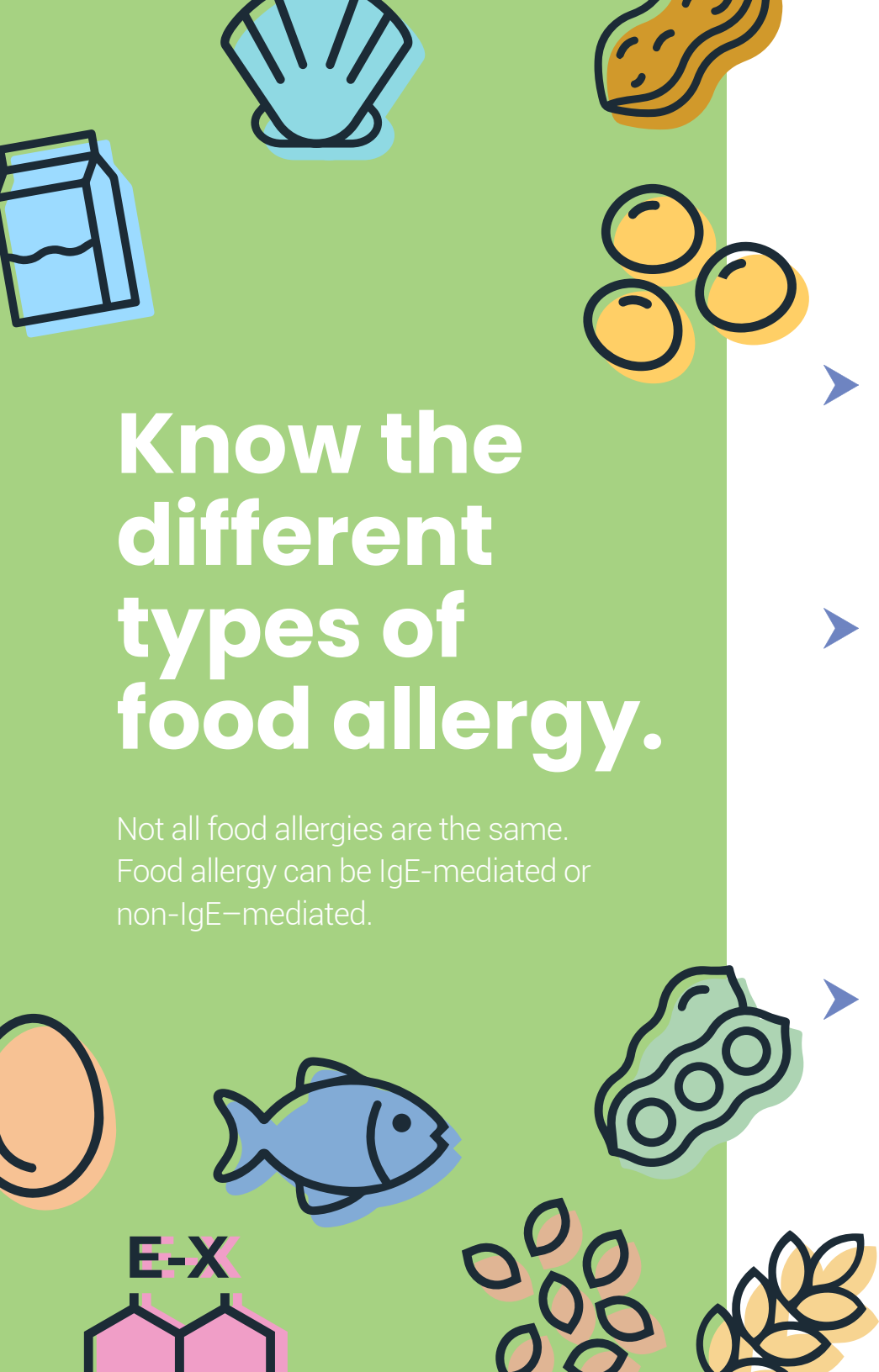


# May 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5 Cinco de Mayo	6	7	8	9
Food Allergy Awareness Week						
10 Mother's Day	11	12	13	14	15	16
17	18	19	20	21 Beginning of Shavuot	22	23 End of Shavuot
24	25	26	27	28	29	30
31	Memorial Day	Eid al-Adha			Ascension of Bahá'u'lláh	



Scan to learn about Food Allergy Awareness Week.

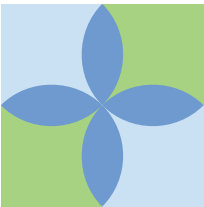


# Know the different types of food allergy.

Not all food allergies are the same. Food allergy can be IgE-mediated or non-IgE-mediated.

- IgE-mediated food allergy is caused by an immune protein called an IgE antibody, and reactions usually happen within minutes of eating an allergen, though can occur up to 2 hours after exposure. This type of allergy can lead to anaphylaxis.
- Non-IgE-mediated food allergies are also caused by reactions to foods, but these reactions don't involve IgE antibodies and don't cause anaphylaxis. However, non-IgE-mediated food allergies can lead to illness, which may happen hours or even days after eating an allergen. Examples of non-IgE-mediated food allergies include eosinophilic esophagitis (EoE) and food protein-induced enterocolitis (FPIES).
- Both types of food allergies can be severe, and schools should implement policies and procedures for students with IgE- and non-IgE-mediated allergies.

# June 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
Flag Day		Martyrdom of Guru Arjan Dev	Islamic New Year		Juneteenth	
21	22	23	24	25	26	27
Father's Day Summer Solstice				Ashura		
28	29	30				



Scan to watch the short documentary *Beyond the Bite*.

