



Be a PAL[®]

to Friends with Food Allergies

You can help Protect a Life (Be a PAL[®]) by:

Knowing food allergies can lead to death.

Not sharing your food with friends who have food allergies.

Washing your hands after every meal.

Helping them get their medicine right away, if your friend with food allergies look or feel sick.

You can learn more about food allergies at www.foodallergy.org/kids