



# Be a PAL<sup>®</sup>

*to Friends with Food Allergies*

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

Here are tips to help you Be a PAL<sup>®</sup> (Protect A Life) to friends with food allergies:

*Tip 1*

**Remember that someone's food allergies can kill them, even a tiny amount!**

*Tip 2*

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

*Tip 3*

**Wash your hands after you eat 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<sup>®</sup>  
to your friends with Food Allergies!**