

# Food Allergy Awareness

What are food allergies?

Who has food allergies?

How can you help people with food allergies?

Food Allergy Research & Education  
(FARE)





# Food allergies are serious, and they affect kids just like you.

- 1 in 13 kids has a food allergy. That's two kids in every classroom!





# What is a food allergy?

- Some people's bodies think that certain foods are harmful, even if other people can eat them every day.
- If a person eats a food they're allergic to, they can get very sick. This is called an "allergic reaction."
- There is medicine that can stop the allergic reaction and make them feel better.



# What foods cause allergic reactions?

People can be allergic to almost any food,  
but most food allergy reactions are caused by 8 foods:

1. Peanuts
2. Tree Nuts
3. Eggs
4. Milk
5. Wheat
6. Fish
7. Soy
8. Shellfish  
(crab, lobster)

# Can doctors cure food allergies?

- There is no cure for food allergies.
- The only way to keep from having an allergic reaction is to stay away from the food you are allergic to.



# What would happen if my friend eats a food they are allergic to?

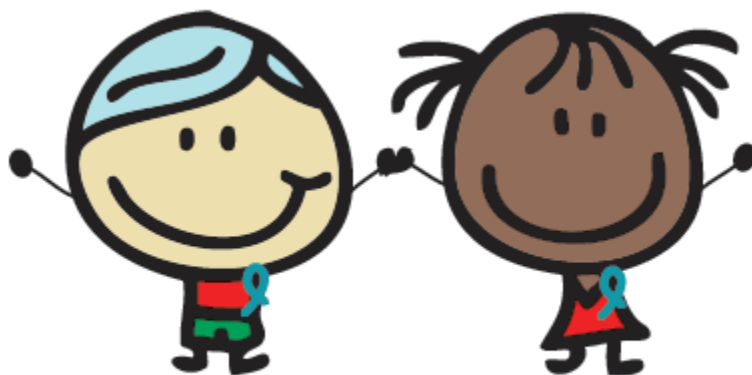
- Some reactions can be more serious than others. Your friend could get very sick right away, even from just a tiny bit of a food he is allergic to.
- He would need his medicine very quickly and may need to go to the hospital.





# How can I be a good friend to someone with food allergies?

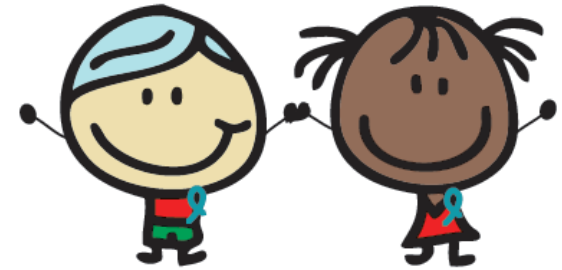
## Be a PAL: Protect a Life From Food Allergies



Stephen is allergic to milk. Olivia is Stephen's PAL.

# What does it mean to Be a PAL?

1. Know that food allergies are very serious.
2. Don't share food with friends who have food allergies.
3. Wash hands after eating.
4. Help all of your friends and classmates have fun together!
5. If a friend with food allergies feels sick, get help right away!



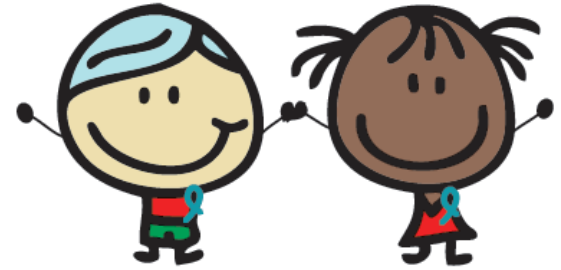




## What Would You Do?

- Your friend, Stephen, has a food allergy.
- As you and Stephen walk out of the cafeteria, he says his stomach hurts.
- You ask him to play with you at recess, but he says he wants to lie down.
- He says it feels like there is something stuck in his throat.

## A PAL would...



- **Get an adult right away or dial 911!**



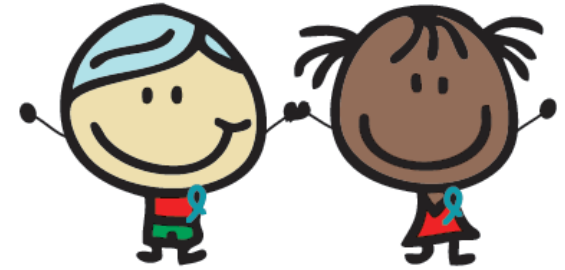


## What Would You Do?

- You and Stephen are playing with another friend, Max.
- Max offers Stephen a cookie from his backpack.
- Stephen says “No thank you, I have a food allergy.”
- Max says, “Come on and have some, it’s probably OK.”

## A PAL would...

- Tell Max that even one bite of the wrong food could make Stephen sick.
- Wait to have snacks until later, or ask an adult to help find Stephen a snack that is safe for him.



# What would you do?

- Two kids in your class are allergic to milk and peanuts.
- Before school, you ate peanut butter toast and drank a glass of milk.



A PAL would...



Wash your hands and face with soap and water before leaving for school.





**Learn More and Get Involved!**

**[www.foodallergy.org/kids](http://www.foodallergy.org/kids)**