



AllergyHome Food Allergy Awareness Week Elementary School Kit: May 11 – May 17 2014



Monday

May 11th-17th is Food Allergy Awareness Week. Did you know that 1 in 13 children has a food allergy? This means that almost everyone knows at least one person with a food allergy. This week we will be learning about ways we can support our classmates with food allergies. Your teacher also may share a short video about food allergies in class.



Tuesday

Label reading is key to preventing allergic reactions. Ingredient labels let people with a food allergy know whether or not a food is safe for them to eat. Remember if 'you (our a grown up) can't read it, then don't eat it.'



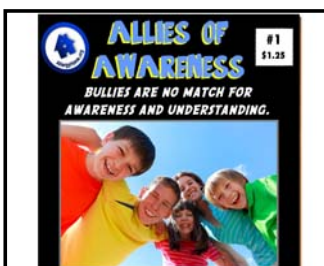
Wednesday

Did you know that even tiny amounts of a food can cause an allergic reaction? You can help keep your classmates safe by washing your hands after eating.



Thursday

People with food allergies need to always take good care of themselves no matter where they are or who they're with. Support your friends with food allergies by including them at lunch, recess and outside of school. Help them stay safe and have fun too!



Friday

Food Allergies are serious. If you see bullying of any kind, speak up. Bullying is never OK but when it comes to food allergy, bullying can be down right dangerous. Be an ally and take good care of each other. It's no joke!

For more information and school staff explanations see www.allergyhome.org/faaw