Does Your Child Have Food Allergies?
You Can Feel More Confident Leaving Them In the Care of Others.

GET READY...

Write An Action Plan
- List foods your child cannot eat.
- Make a list of safe snack choices.
- Describe how your child reacts to food allergens.
- Outline steps to take in case of a reaction.
- List emergency contacts.

GET SET...

Share Action Plan With Those Caring For Your Child
- Review plan with school nurses, administrators, teachers, and cafeteria staff.
- Tell family, sitters, coaches and other parents about the plan.
- Answer any questions and offer resources.

Educate Your Child
- Teach your young child to ask before eating — “Is this safe for me?”
- Help your older child learn how to select safe foods.
- Teach your child to alert an adult right away if feeling sick after eating.
- Consider giving your child a medical alert bracelet.

GO...

Be certain your child's caregiver understands the action plan.

Make sure the caregiver knows how to reach you.

Enjoy your day!

Get more information: www.foodallergy.rutgers.edu
www.iowafoodsafety.org

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