Keep Kids With Food Allergies Safe: They’re Counting On You!
At Home – In Class – After School

- Millions of children have food allergies.
- Food allergies are a matter of life or death.
- Tiny amounts of food allergens can kill.

GET READY...

Speak With Parents
- Listen carefully.
- Learn how to prevent food allergy reactions.
- Know the symptoms of food allergy reactions.
- Review steps to take in case of a reaction.
- Know how to reach parents in an emergency.

GET SET...

Serve Allergen-Free Foods
- Keep foods simple — allergens often hide in soups, dips, and homemade goodies.
- Check food labels for allergens every time — food products may change.
- Stop cross-contact — prepare foods with clean hands, workspace, utensils, pans, and dishes.

GO...

Keep Kids Safe
- Remind kids to ask before they eat — “Is this safe for me?”
- Keep kids from trading meals and snacks.
- Confine food to eating areas.
- Wash hands and eating areas after meals and snacks.
- Limit crafts that use food items.
- Act quickly if a child reports feeling sick after eating.

Any food can be an Allergen!

The most common food allergens are:

- Tree Nuts & Peanuts
- Milk Products
- Soy
- Wheat
- Fish & Shellfish
- Eggs

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

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