

How We Help Students Avoid Food Allergens in School

We read food labels to check for allergens.

We do not share food at school.

Students wash their hands after eating allergens if they have a classmate with severe food allergies.

Food purchases in the cafeteria are reviewed for allergens for students with known food allergies.

We encourage “food-free” celebrations in school.



What Can Parents Do To Help?

Find out whether there are food allergies in your child’s class.

Talk with your child about food allergies and why it is important not to share food from home at school.

If your child has a classmate with a severe food allergy, let your child know if you have packed a food that contains the allergen that day. Remind them not to sit close to their friend with allergies at lunch and to wash their hands after eating that day.

BCPS requires all food for class celebrations have an ingredient label. **NO** homemade food is allowed.

Consider non-food celebrations for school. Special games, crafts, and activities are fun ideas for classroom celebrations too. Talk with your teacher for more ideas.

Learn the Symptoms of a Reaction

Allergic reactions can be different for everyone. Immediate action must be taken if after eating something:

- *A child’s mouth tingles, burns, or itches.
- *They start to feel itchy, or get hives.
- *Their lips, tongue, face or other parts of the body start to swell or feel puffy.
- *They develop a runny or stuffy nose or start to wheeze.
- *They feel like they cannot breathe or take a deep breath, feel like they have a lump in their throat.
- *Their stomach starts to hurt or they feel like throwing up or have diarrhea.

Anaphylaxis is a severe, potentially life threatening allergic reaction. It can occur seconds or minutes after eating something they are allergic to. Immediate action is crucial!!