

Nearly 6 million children in the U.S., or roughly 2 in every classroom have a food allergy.

16-18% of school-age children who have food allergies have had a reaction in school. In approximately 25% of the reactions that occur at school, the student had not yet been diagnosed with a food allergy.

The most common food allergens are nuts, peanut, egg, wheat, soy, shellfish and dairy. However, any food can cause a food allergy.

Allergic reactions to food can range from mild to severe, including a potentially life-threatening reaction known as anaphylaxis.

Even with immediate treatment someone can die from a severe food allergy reaction

Avoidance of the allergen, combined with effective treatment of allergic reactions, is the best way to keep our students with food allergies safe at school.



Thank You for helping protect our food allergic students from anaphylaxis!!

For information about allergen friendly foods visit <http://snacksafely.com/safe-snack-guide/>

For more information about food allergies visit www.foodallergy.com

Watch the Discovery Channel program "An Emerging Epidemic: Food Allergies in America" available at www.discoverychannelpatienteducation.com Also available for download from iTunes.



Timonium Elementary School
2013

Food Allergies at School



Help Protect Our Food Allergic Students from Anaphylaxis



Information for Parents

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.

We have an "allergen-free table" in the lunchroom for students with 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!!