

PARENT GUIDE TO FOOD ALLERGY SAFETY

Help keep every child in your school community safe

WHAT IS A FOOD ALLERGY?

A food allergy is an immune system reaction that occurs when the body mistakenly identifies a food protein as harmful. Reactions can range from mild hives or stomach upset to severe, life-threatening anaphylaxis - within minutes of exposure.

THE BIG 9 MAJOR ALLERGENS (FDA)

- | | | |
|-----------|-------------|-------------|
| - Peanuts | - Tree Nuts | - Milk |
| - Eggs | - Fish | - Shellfish |
| - Wheat | - Soy | - Sesame |

HOW EVERY FAMILY CAN HELP

- > Read ingredient labels carefully - allergens can hide under different names.
- > Never share or swap lunches - even a tiny amount can trigger a reaction.
- > Support school food policies, including allergy-aware classrooms.
- > Teach your child empathy: allergies aren't a preference - they're medical.
- > Know the signs of anaphylaxis: hives, swelling, vomiting, trouble breathing.

WARNING: SIGNS OF A SEVERE REACTION - ACT FAST

Throat tightening | Difficulty breathing | Pale or blue lips | Sudden drop in blood pressure | Loss of consciousness

Call 911 immediately. Use an epinephrine auto-injector (EpiPen) if prescribed.