

# Tips for the family with food allergies

Eight tips to help parents or caretakers who have children with food allergies.



## At School:

1. Meet the School Nurse before school is in session. Review your child's allergy management plan and the school's food allergy policy (if they have one).
2. Meet with your child's teacher and make sure she also has the child's allergy plan. School nurses are not always on site.
3. Always read food labels and teach your child to read food labels
4. Consider working with an RD. They have really help you put together a an eating plan that includes all the necessary nutrients while avoiding the allergens.
5. Meet with the main cafeteria person and review your child's allergy condition. Ask for a copy of the school's menu plan. Review foods that should be avoided with your child.
6. Teach your child to never trade or share lunches.
7. When eating out, talk with the server and explain the food allergy situation. Review the menu and order carefully. It is best to avoid food items that could mistakenly have the offending food item in it For example if your child is allergic to dairy, avoid cream sauces.
8. Have your child's treatment medication always available in case of an emergency.

