



HELP YOUR KIDS BE FOOD ALLERGY FRIENDLY

FOOD ALLERGY FACTS

Instances of food allergy bullying can happen any day. Parents can play an important role to help prevent these conflicts. Being food allergy friendly means learning to understand food allergies and helping those who have them. Positive perceptions and acceptance of food allergies can help put an end to food allergy bullying.

What Every Parent Should Know



What does it mean to have a food allergy?

A food allergy is when the immune system creates symptoms because it believes the food ingested is harmful!

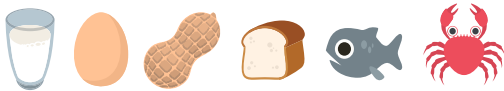


It's important to recognize that symptoms can range anywhere from mild to severe and can include symptoms such as skin irritation or trouble breathing.²



How do I know if a food product contains an allergen?

Start with carefully reading food product labels. The FDA requires that the top eight food allergens (milk, egg, peanut, tree nut, wheat, soy, fish, crustacean shellfish)¹ are disclosed in plain English.³



Ingredients may be listed within a voluntary "contains" statement beneath the ingredients list.³ Food allergens can also be found in non-food products that are products that are not regulated by the FDA, including personal care items or art supplies. It's helpful to become familiar with hidden names for allergens. Sometimes, they are referenced in other ways. For example, "arachis oil" is peanut oil, and "mandelonas" are peanuts soaked in almond flavoring.⁴



What information should I convey to my child about recognizing food allergy bullying?

You should let your child know that food allergy bullying may happen, and it is unacceptable behavior. If food allergy bullying should occur, tell a teacher or other adult right away.



Convey that food allergy bullying may include teasing about foods others can't eat, trying to make a child eat something they know contains the allergen or smearing allergen-containing food on the child's skin or other possessions.



How can I prepare my child to help their friend/classmate with food allergies?



You can educate your child to recognize allergens and to help their friend or classmate avoid exposure to them.⁵ Consider these options:



Teach your child to avoid home-baked goods or meals cooked at someone else's house.



Provide your child with allergy-friendly snacks to share with the entire class.



If your child is old enough, consider allowing him or her to carry their epinephrine auto-injector with them at all times.



Encourage your child to be a self-advocate and make good choices to avoid potentially dangerous situations.



Food allergies can impact decision-making regarding social activities—leading to kids missing out on social events due to fear. We encourage schools and communities to promote inclusiveness of all kids. This can be accomplished by teaching kids with food allergies to be their own advocate, inspiring people without allergies to be kind and empathetic, and reducing the stigma around food allergy. Through fostering a culture of inclusion, we hope to reduce the social isolation and emotional toll of food allergy on kids and parents.

- Kenneth Mendez, CEO, Kids With Food Allergies



To learn more visit [NoAppetiteForBullying.com](https://www.NoAppetiteForBullying.com) and help raise awareness of the campaign by using [#NoAppetiteforBullying](https://www.NoAppetiteForBullying.com).

This content was developed by the No Appetite for Bullying founding partners and represents the views of these groups.

1. FARE. "What Is A Food Allergy?" Accessed September 2020. <https://www.foodallergy.org/resources/what-food-allergy>. 2. FARE. "Recognizing and Treating Reaction Symptoms." Accessed September 2020. <https://www.foodallergy.org/resources/recognizing-and-treating-reaction-symptoms>. 3. FDA. "Food Allergen Labeling and Consumer Protection Act of 2004 Questions and Answers" July 16, 2018. Accessed September 2020. <https://www.fda.gov/food/food-allergens/gluten-free-guidance-documents-regulatory-information/food-allergen-labeling-and-consumer-protection-act-2004-questions-and-answers>. 4. FARE. "Peanut Allergy" Accessed September 2020. <https://www.foodallergy.org/common-allergens/peanut-allergy>. 5. FARE. "Getting Started at School." Accessed September 2020. <https://www.foodallergy.org/resources/getting-started-school>.