



KIDS WITH FOOD ALLERGIES
A Division of the Asthma and Allergy Foundation of America

My son's allergies are a serious health issue, not just a preference.
-Will

community.kidswithfoodallergies.org

Everyone wants their family to be healthy, and for many people that means lifestyle choices such as being vegan or GMO-free. Sometimes food allergies get lumped in with these other kinds of specialty diets. The **BIG** difference is life threatening food allergies (LTA) are not a choice, but a *life or death situation*. It should not be mistaken as means to control our kid's diet; it's about keeping our children with LTA safe.



KIDS WITH FOOD ALLERGIES
A Division of the Asthma and Allergy Foundation of America

We're not over protective; we're cautious, alert, "always on", never wavering, planning, thinking ahead... Just so our child can enjoy the same simplicities as every other child.
-Hauer

community.kidswithfoodallergies.org

Our diligence is not just about avoiding the allergen; it's about the cross-contact risk. Allergens can be found almost anywhere-nut oils are frequently used in cosmetics, soaps, and even cleaning products. Since allergens can be transferred by contact, it's concerning if there is allergen residue, such as peanut butter or spreadable dairy, on the playground equipment and dining tables. Any time we serve our children food, or leave the house, it's on our minds. We find some comfort if others are aware and are prepared.



KIDS WITH FOOD ALLERGIES
A Division of the Asthma and Allergy Foundation of America

We don't make requests to be a pain or an inconvenience, the request is for the safety and inclusion of our child. - Betsy

community.kidswithfoodallergies.org

We do not mind what other people eat, except when it poses a threat to our children, or excludes their participation in a place like school or at the public library. School attendance, unlike a birthday party, is mandatory and all children deserve to feel safe and included in their classroom. While parent-provided safe treats are better than nothing at all at these activities, no child wants to stand out as different.



KIDS WITH FOOD ALLERGIES
A Division of the Asthma and Allergy Foundation of America

PEOPLE are more important than food.
-Graham

community.kidswithfoodallergies.org

Please do not take it personally when we inquire what food will be present at your child's birthday party, playdate or other activity. At times we feel rude asking, but we need to make the determination as to whether or not we can safely attend. Also, please know that it is heart wrenching for the child when they are aware that they were not invited because of their food allergy or accommodations were not made to have them safely included among their friends.

Visit FSS Fare site for food allergy related educational resources and other helpful links: http://tiny.cc/NFAEA_FARE



NASHOBA
FOOD ALLERGY
Education & Awareness

E-mail: nfaeaa@gmail.com