

# 3 Easy Ways to Be a Pal to Someone with Food Allergies



## 1. Understand that food allergies are very serious.

- ★ A food allergy occurs when a person's immune system sees a seemingly harmless food protein, or allergen, as a threat, and attacks the body. Food allergy reactions can range from mild to severe and **life-threatening**.
- ★ These reactions can occur when a person eats a food he/she is allergic to **OR** touches residue of that food, and then touches his/her eyes, nose or mouth, **OR** ingests foods through cross-contact. Cross-contact occurs when a food that does not itself contain any allergens is tainted with an allergen during food preparation, cooking, storage, or serving.
- ★ A person can be allergic to any food, but the most common allergens are milk, egg, peanuts, tree nuts, soy, wheat, fish and shellfish.



## 2. Choose to bring a “safe snack” to school.

A “safe snack” is one that does not contain an allergen that someone is allergic to. By bringing in a “safe snack,” you are helping make school a safer place for someone with food allergies. **This is easier than you may think!** For a list of peanut, tree nut and egg free snacks, you can go to the Snack Safely Website at [www.snacksafely.com/snacklist.pdf](http://www.snacksafely.com/snacklist.pdf)



## 3. Wash your hands after you eat.

When you wash your hands with soap and water, or use hand-wipes, you are getting rid of any food allergens that could be harmful to someone with food allergies. Hand-washing prevents those allergens from spreading to other places in your school, or on the playground. It is important to know that **hand-sanitizer does not prevent the spread of food allergens.**

If you have questions or would like more information about food allergies, please feel free to contact **Nashoba Food Allergy Education & Awareness** at [nashobafoodallergy@gmail.com](mailto:nashobafoodallergy@gmail.com).

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