

living WITH FOOD ALLERGIES

A FOOD ALLERGY

is an immune reaction to a food protein.

A FOOD INTOLERANCE

causes a non-immune reaction to food.



Every 3 minutes, a food allergy reaction sends someone to the hospital.



Up to
15M
Americans are estimated to have food allergies

with
1 IN 13
children having food allergies

← The prevalence of food allergies in children increased by **50%** between 1997 and 2011!

The **TOP 8 ALLERGENS** account for the vast majority of food allergy reactions:

WHEAT MILK EGG SOY PEANUTS TREE NUTS FISH SHELLFISH

**Statistics provided by Food Allergy Research & Education (FARE).*

KEEPING IT SAFE AT SCHOOL!

BEFORE SCHOOL. Teach your child helpful skills avoiding questionable or unsafe foods, washing hands and recognizing symptoms of allergic reactions. Make sure your child's emergency plan is on file and epinephrine injectors and other medications are labeled with your child's name.

IN THE CLASSROOM. Work with your child's teachers to help avoid allergen exposure. Train them on reading ingredient lists to identify problem foods and give them a list of safe shelf-stable snack foods, like Enjoy Life Foods!, to use during celebrations or unexpected food events.

IN THE CAFETERIA. Meet with the foodservice director to learn about the school's cafeteria policies and practices for students with food allergies. If you prefer to pack your child's lunch, add fun elements like a special note or a non-food surprise like stickers to help them remember they can enjoy food — and life — despite their allergy/intolerance.

ON FIELD TRIPS. If you cannot attend the field trip, contact the teacher to ensure all staff and chaperones are aware of your child's condition and emergency plan and have your contact information. Pack your child's lunch and take advantage of portable snacks like Enjoy Life Foods Mini Cookies and Chewy Bars to complete the trip!

