

How can I stay safe with food allergies?

1. Circle the food(s) you cannot eat:



Eggs



Peanuts/Tree Nuts



Milk



Draw the foods you cannot eat



Wheat



Soy



Fish/Shellfish



2. Circle what happens when you eat these foods.

Tummy pain

Tight throat

Hard to breathe

Throw up/vomit

Tongue itches

Puffy face and lips

Bumpy red skin

3. Ways to stay safe with food allergies

- Wash your hands before and after eating.
- Do not share food with others.
- Say "no" to foods you cannot eat.
- Always have your epinephrine
- Tell an adult or call 911.



Food Allergy Management and Education (FAME)

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