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F A M E

Children's
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BJC HealthCare

stlouischildrens.org/FAME

EMERGENCY PREPAREDNESS CHECKLIST

Ways to prepare for an emergency

- Go over your action plan with your parents/guardians
- Keep your emergency medicine called epinephrine in a safe area
- Always have two epinephrine auto-injectors with you

Learn about an allergic reaction

- Signs of an allergic reaction
- The name of your medicine (epinephrine)
- How to use your medicine (epinephrine)
- Practice what to do if there is an emergency at home or school



Ask who will help you

- Does an adult know about your food allergies
- Does an adult know how to use your emergency medicine (epinephrine)

What if there is an emergency

- Tell an adult or call 911 right away!
- If you use your emergency medicine (epinephrine), **call 911 right away!**

STUDENTS WITH FOOD ALLERGIES CHECKLIST

- Follow Your Food Allergy Action Plan (FAAP)
- Join in Your Food Allergy Planning Meeting
- Prevention
 - Know what food(s) are unsafe
 - Tell your friends and adults the foods you can or cannot eat
 - Ask your friends to learn how to use your emergency medicine (epinephrine), just in case needed
 - Always have two epinephrine auto-injector at school
 - Go to your doctor at least once per year (Asthma—twice per year)
- If You Have an Allergic Reaction, Go See Your Doctor Within 1–2 Weeks
- Best Practice
 - Wash your hands before and after eating
 - Carry two epinephrine auto-injector at school and with you at all times
 - Do not share or trade food or drinks
 - Make sure surfaces are clean before eating
 - Carry wet wipes
 - Say “no, thank you” to food that is unsafe or without a label
 - Report any teasing, threats, or bullying
- Review
 - What foods are unsafe
 - What happens when you eat unsafe foods
 - Know where your life-saving medicine is kept
 - When to tell an adult or **call 911**

CLASSMATES CHECKLIST

Follow Your School's Rules About Food Allergies

Best Practice

- Wash your hands before and after eating
- Do not share or trade food or drinks with friends who have food allergies
- Report any teasing, threats, or bullying
- What happens when your friend eats unsafe food?
 - Does your friend throw up/vomit?
 - Does your friend's face or tongue swell up?
 - Does your friend have trouble breathing?
 - Does your friend have a tingling tongue or itchy throat?
 - Does your friend have bumpy, itchy, red skin?
 - If your friend gets sick, GET HELP RIGHT AWAY!
- Know where your friend keeps their emergency medicine (epinephrine)

Prevention

- Never take food allergies lightly
- Know what food(s) your friend can or cannot eat
- Help your friend avoid foods they are allergic to
- Do not tease or bully
- Your friend has feelings just like you, they just have to be careful what they eat
- Avoid eating foods that contain ingredients your friend is allergic to
- Celebrate with nonfood treats and activities, like games, stickers, songs and prizes.

Review

- What foods your friend can or cannot eat
- What happens when your friend eats these foods
- When to tell an adult or **call 911**

Take Charge

Be Prepared

At School

- **CLASSES**—avoid allergens in classes such as: chemistry or biology labs, home economics or culinary.
- **Moving** from classroom to classroom may require reviewing your food allergy action plan, including where your epinephrine is located.
- **PREPARE** for lunch periods:
 - Make sure the eating surface/area is clean and practice good hand washing.
 - If going to restaurants for lunch plan ahead by asking for ingredients/safe menu options.
- If you use **VENDING MACHINES**, make sure you read **all** ingredient labels. Be aware of advisory statements such as “may contain...” or “in a facility that processes....”

With Friends

- **WHY RISK IT?** Don't **PRACTICE** risky behaviors such as eating food that could cause a reaction or not reading food labels.
- **KISSING**—Tell the person you want to kiss about your allergies. If possible, ask them to avoid eating the food. Ask them to limit exposure by washing hands/face, or brushing teeth thoroughly, before kissing.
- Combining **ALCOHOL, DRUGS, AND FOOD ALLERGIES** can be very dangerous. Both alcohol and drugs can impair judgement and safe decision making.

On the Go

- When **EATING AWAY** from home, ask if the food contains something you are allergic to.
 - **Ask to see** label/allergy information.
 - **Use** chef cards.
- When **TRAVELING** with food allergies plan ahead by doing the following:
 - **Contact the airline** to inform them of your food allergy, and ask if they have a food allergy policy. (For example, some airlines do not serve peanut snacks on their flights.)
 - **Bring foods/snacks** you enjoy and do not eat airline food. Contact the hotel and local restaurants to review ingredients and safe options.
 - **Wear** medical alert jewelry.
 - **Find out** where the nearest medical center is located in case of an emergency.



Remember!

- **YOU ARE NOT ALONE!**
- **CARRY YOUR EPINEPHRINE AUTO-INJECTOR** on you at all times (have a **BACK UP**). Do not leave in your locker or backpack. Check your expiration date!
- **KNOW YOUR** Emergency Care Plan (ECP)/ Food Allergy Action Plan (FAAP)
- **SPEAK UP** about bullying and teasing. Talk to someone you trust such as school staff, a friend and or family.
- **DO NOT KEEP** your allergies a secret!

Take Charge Be Prepared Resources

ALLERGIC GIRL RESOURCES, INC. SUPPORTIVE SERVICES

AllergicGirl.com

ANTI-BULLYING

stopbullying.gov

FARE RESOURCES FOR TEENS

foodallergy.org/resources/teens

FARE RESOURCES FOR COLLEGE STUDENTS

foodallergy.org/managing-food-allergies/at-college

FOOD ALLERGY & ANAPHYLAXIS CONNECTION TEAM (FAACT)

FoodAllergyAwareness.org

MEDIC ALERT

medicalert.org

FOOD ALLERGY POSTERS

allergyhome.org/teach

foodallergyawareness.org/education/food_allergy_awareness_resources-12/

stlouischildrens.org/Fame

RESTAURANT GUIDE, ACTIVE BLOG & VIDEOS

AllergyEats.com

SINGING GRAMS TO FIGHT FOOD ALLERGIES

EZgreetings.org

TEEN FA TUMBLR

foodallergyteens.tumblr.com

WHY RISK IT: WHERE REAL LIFE AND ALLERGIES COLLIDE

whyriskit.ca/pages/en/resources/videos.php

AUTHORIZATION FOR STUDENTS TO SELF-CARRY

Please fill out and complete all four sections.

Student's name _____ School year _____

To be Completed by Prescribing Health Professional

It is my professional opinion that _____

is capable of carrying and self-administering the following medication:

Medication name _____

Dosage _____

Frequency _____

I recommend self-administration of this medication for the treatment of:

Special Instructions or Comments _____

HEALTH CARE PROVIDER SIGNATURE

DATE

PRINT NAME

PHONE

To Be Completed by Parent/Guardian

I, request and authorize my child _____ to carry

and/or self-administer their _____ medication.

This authorization is given based on the following:

- I hereby give permission for my child to self-administer prescribed medication at school.
- I authorize release of information related to my child's health/medications between the school nurse and the prescribing healthcare provider.
- I understand that my child shall be permitted to carry their medication at all times providing they do not misuse the medication.
- I understand that if my child misuses the medication, school employees will take the medication and terminate this agreement.
- I understand that this authorization shall be effective for this current school year and must be renewed annually.

PARENT/GUARDIAN SIGNATURE

DATE

PRINT NAME

PHONE

Continued on the back side

To Be Completed by Licensed School Nurse

- The student can demonstrate correct use/administration.
- The student can recognize correct dosage.
- The student recognizes prescribed timing for medication.
- The student agrees to not share the medication with others.
- The student will keep a second labeled container in the health office.

The student (is/is not) able to demonstrate the specified responsibilities. The student (may/may not) carry the prescribed medication.

LICENSED SCHOOL NURSE NAME (PLEASE PRINT)

SIGNATURE

DATE

To Be Completed by the Student

I, _____ agree to the responsibilities of carrying medication. I have been trained in the proper use of my prescribed medication and understand how it is given. I will keep this medication with me at all times and take my responsibility to self-carry seriously. I also understand that if I misuse my medication, this agreement will end. If I take my medication I will contact the school nurse.

STUDENT NAME (PLEASE PRINT)

STUDENT SIGNATURE

DATE

Cross-Contact

Potential Sources

- Dirty hands
- Sploshed or spilled food
- Tables and chairs
- Spoons, forks, and dishes
- Dirty cleaning cloths
- Pots/pans

Ways to AVOID

- Know what foods your friend can or cannot have
- Practice good hand washing or use hand wipes
- Use clean spoons, forks and dishes
- NO food sharing or trading
- Always check labels

IT IS IMPORTANT
to have an adult check the
food label.

Hidden Allergens

- **Eggs:** egg substitutes, mayonnaise, baked goods, noodles
- **Fish/Shellfish:** seafood flavorings
- **Milk:** cheese, bread/buns, soup/gravy, hot dogs, deli meat
- **Wheat:** flours, soup mixes, snacks
- **Soy:** baked goods, bread/buns, candy
- **Peanut/Tree Nuts:** candy, ice cream, baked goods, salads, salad dressing, barbecue sauce, cereal/granola bars
- **Sesame:** hummus, baked goods, protein and energy bars, dressings, bread crumbs

**IN CASE OF AN ALLERGIC REACTION
TELL AN ADULT THEN CALL 911**

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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FOOD ALLERGY RESOURCES (FOR CHILDREN)

Book Resources

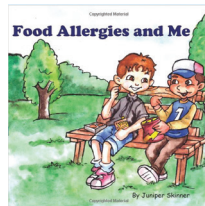
Alexander the Elephant Book Series

Food Allergy and Anaphylaxis Network.
foodallergy.org

- *Always Be Prepared*
- *A Special Day At School*
- *Alexander's First babysitter*
- *Alexander's First Plane Ride*
- *Alexander Goes Out to Eat*
- *Alexander Goes to a Birthday Party*
- *Alexander Goes Trick-or-Treating*
- *Alexander Learns His Lesson*
- *Alexander and His Pals Visit the Main Street School*
- *Alexander's Special Holiday Treat*

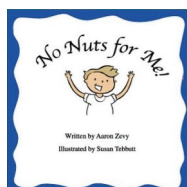
Food Allergies & Me

Juniper Skinner.
Create Space, 2010
foodallergiesandme.com



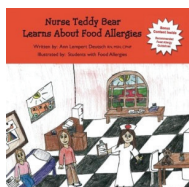
No Nuts for Me

Aaron Zevy. Tumbleweed Pr,
1996



Nurse Teddy Bear Learns About Food Allergies

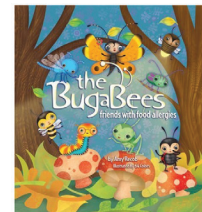
Ann Lempert Deutsch, 2012



The BugaBees: Friends with Food Allergies Book Series

Amy Recob.
Beaver's Pond Press
thebugabees.com

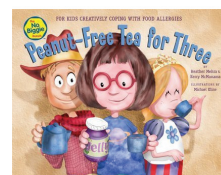
- *The Bugabees: Friends with Food Allergies*
- *The BugyBops: Friends for All Time (The BugaBees Series)*



The No Biggie Bunch Children's Book Series

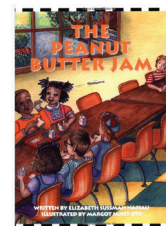
Heather M.Mehra. Parents Perk, Inc.
nobiggiebunch.com

- *Dairy-Free Dino-Licious Dig*
- *Everyday Cool With Food Allergies*
- *Peanut-Free Tea for Three*
- *Sports-tastic Birthday Party Book*
- *Trade-or-Treat Halloween*



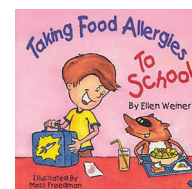
The Peanut Butter Jam Book

Elizabeth Sussman Nassau and Margot Janet Ott. Health Press (NM), 2001



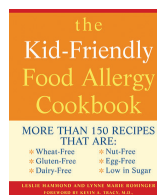
Taking Food Allergies to School

Ellen Weiner and Moss Freedman.
JayJo Books; 1st Edition, 1999



The Kid-Friendly Food Allergy Cookbook

Leslie Hammond and Lynne Marie Rominger. Fair Winds Press, 2004



(Food Allergy Resources continued on other side)

DVD Resource

Binky Goes Nuts: Understanding Peanut Allergies (2007)



Online Resources

Allergy Home

allergyhome.org

AllergyReady.com

American Academy of Allergy Asthma & Immunology

[aaaai.org/conditions-and-treatments/
just-for-kids.aspx](http://aaaai.org/conditions-and-treatments/just-for-kids.aspx)

FARE resources for kids

foodallergy.org/resources/kids

FARE Resources for Teens

foodallergy.org/resources/teens

FARE Resources for College Students

foodallergy.org/resources/college-students

Kids with Food Allergies

community.kidswithfoodallergies.org

Kids Health

kidshealth.org

Food Allergy and Bullying

healthychildren.org/English/Pages/default.aspx
(type *bullying* in the search box)

kidshealth.org

(type *bullying* in the search box)

nea.org/bullyfree

[violencepreventionworks.org/
public/bullying.page](http://violencepreventionworks.org/public/bullying.page)

stopbullying.gov

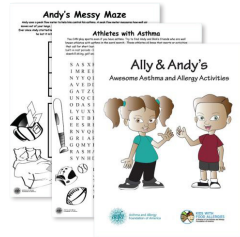
FOOD ALLERGY GAMES AND ACTIVITIES FOR KIDS

Activities

Ally & Andy's Activity Book

secure.aafa.org/np/clients/aafa/product.jsp?product=20&

Coloring and activity book for food allergy and asthma



Arthur and Friends

pbskids.org/arthur/health/allergy



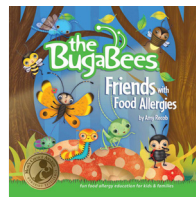
Mr. Nose it All

Online game from the American Academy of Asthma, Allergies, and Immunology

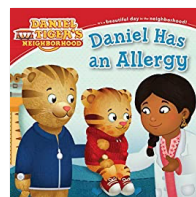
aaaai.org/conditions-and-treatments/just-for-kids/food-allergy-bubble-game

Books

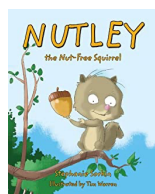
- **The Bugabees: Friends with Food Allergies**



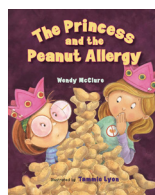
- **Daniel Has an Allergy, from the Daniel Tiger Series**



- **Nutley, the Nut-Free Squirrel**



- **The Princess and the Peanut Allergy**



Apps

The BugaBees: Friends with Food Allergies (iOS and Android)

Food Allergy Phone Apps

The following are some helpful phone apps for people with food allergies or people who need to go on food avoidance diets. We do not endorse any particular app, and it is important to read and review food information and to not rely solely on information from the app(s). It is also important to talk to a chef or manager at a restaurant about food preparation.

AllergyEats

This is a guide to food allergy-friendly restaurants. You can read feedback from other customers and view allergen lists and nutrition data.

Ipiit

AllergyAware

Shopwell

These apps can help scan food product barcodes while shopping, to obtain relevant food allergen information. You can create personalized preferences for your or your child's food allergies.

Allergy Reality

This app is an educational tool that uses games to empower people with food-restricted diets. Learn ways to avoid foods and stay healthy. Features wheat, dairy, nut, soy, and egg.

Spokin (iPhone only)

Provides information on recipes, restaurants, hotels, etc that are food allergen friendly.

Yummly

Eating with a food allergy can be expensive. This recipe app that searches multiple sites for recipes that meet your or your child's food avoidance needs, based on personal filters that you can set. Includes some step-by-step guided recipes.

Food Allergy Resources

FAME through St. Louis Children's Hospital

We have tons of helpful information and links to other resources.

stlouischildrens.org/fame

FARE–Food Allergy Research and Education

foodallergy.org

Gateway FEAST–local support group

facebook.com/groups/23739682563/

Email: GatewayFEAST@gmail.com

Teal Classroom

Share this toolkit with your child's teacher to help with food allergy awareness. It is available as a PDF or booklet.

community.kidswithfoodallergies.org/blog/share-our-teal-classroom-kit-with-your-child-s-school-to-promote-food-allergy-awareness

The Food Allergy Counselor Directory

Food allergy can cause or contribute to anxiety. Dr. Skedgell at St. Louis Children's is a fabulous resource for kids with food allergy-related anxiety. There is also a directory (see below) listing health professionals who are recommended to see your child about food allergy–related anxiety.

foodallergycounselor.com/directory.html