How can I stay safe with food allergies?

1. Circle the food(s) you cannot eat:
   - Eggs
   - Peanuts/Tree Nuts
   - Milk
   - Wheat
   - Soy
   - Fish/Shellfish
   - Draw the foods you cannot eat

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)