

GREENWICH SCHOOLS ARE ALLERGY AWARE!



CHILDREN WITH FOOD ALLERGIES NEED
ALL OF US
TO HELP KEEP THEM SAFE!

GREENWICH PARENTS

can help promote allergy awareness and reduce the risk of an allergic reaction occurring in school by doing the following:

1. Take Food Allergies Seriously.

It is difficult to believe that foods most of us enjoy every day can be harmful to others, but IT'S TRUE. Food Allergy students need our help to prevent life threatening food allergic reactions. Sometimes, a food allergy reaction happens from eating, touching, or breathing in a tiny amount of the allergic food.

2. Read Food Labels.

Before sending food into school for snack, lunch, and after school activities, check to see if the food has peanuts/nuts or other food that your child's friends and classmates are allergic to. The Food Allergen Label and Consumer Protection Act (FALCPA) of 2004 states that if a food product contains one of the top 8 allergens (**wheat, eggs, milk, peanuts, tree nuts, soy, fish, shellfish**), it must be indicated on the ingredient label in **BOLD** or adjacent to the ingredient list as "**CONTAINS**".

3. Learn the signs and symptoms of a food allergic reaction.

An allergic reaction can happen very quickly. Familiarize yourself with the signs. (Refer to back page for more information) Reactions can range from mild to severe to life threatening. Be prepared to call for help immediately.

4. Celebrate birthdays the Greenwich way.

Each school in the District has identified its own unique non-food activity that recognizes and celebrates your child's special day. Refer to your school's handbook for details.

5. Talk to your children about food allergies.

Teach your children to be mindful of other children's allergies when they participate in activities and while eating lunch and snack. Remind your child not to share food and to wash their hands and face with soap and water after eating.

GREENWICH STUDENTS can be good friends to a food allergic classmate by doing the following:

1. Avoid eating food that contains the ingredients your friend is allergic to when that friend is nearby.

If you have a favorite food that your friend is allergic to, eat that food when you are at home and not with your friend. Ask your parents to pack you a snack and lunch that contains safe foods.

2. Never share food, especially with your friends who have food allergies.

Children with allergies must stay away from and never eat the foods they are allergic to. Your food may contain an ingredient that is harmful to your friend. This is a time when it is okay NOT to share.

3. Wash your hands and face with soap and water after you eat.

Washing with soap and water is the best way to wipe off any food that is on your hands and face. After eating breakfast, snack and lunch, be sure to wash your hands with soap and water. Hand sanitizers are not as effective in removing food proteins.

4. If a friend who has food allergies feels sick, get help immediately.

Tell an adult right away that your friend is feeling ill and has a food allergy. Have an adult call 911 immediately. Your quick action could save a life.

5. Include your friends who have food allergies.

Include all of your classmates and friends in playing games and having fun. Kids with food allergies can't eat the same things as you, but they like to have fun just like you.

**For more information,
visit the Food Allergies page
on the Greenwich Public Schools website:
[GreenwichSchools.org/FoodAllergies](https://www.GreenwichSchools.org/FoodAllergies)**

KNOW THE FACTS!

SIGNS & SYMPTOMS - These signs can appear alone or all together

- **Skin:** itching, redness, swelling, hives
- **Mouth:** itching, swelling of lips and/or tongue
- **Stomach:** vomiting, diarrhea, cramps
- **Respiratory:** shortness of breath, wheezing, coughing, chest pain and/or tightness
- **Heart:** weak pulse, dizziness, faintness
- **Other:** headache, nasal congestion, watery eyes, sweating, confusion, feeling of impending doom, anxiety

*Young children may try to describe symptoms such as: “My tongue is hot” or “My throat feels thick.”

An allergic reaction can progress quickly. Epinephrine is the only medication that can reverse a life threatening reaction. EPI FIRST, EPI FAST!!! For more information, please go to www.foodallergy.org/symptoms.

CROSS CONTACT

Cross contact occurs when a food allergen or unsafe food is transferred to other food products, kitchenware or utensils that are considered safe. Preparation of food using the same utensil or surface can result in cross contact and cause an allergic reaction. Currently, there are NO laws requiring cross contact information to be provided by the food manufacturer on ingredient labels. “May contain”, “May contain traces of” and “Made in a facility with” statements are all VOLUNTARY. A product without this information should NOT be considered safe for an individual with food allergies.

If in doubt, stay away from the product in question. It is always best to err on the side of caution and safety!

The Greenwich Public Schools food allergy policies and practices align with the information contained in this brochure. Brochure content provided by Sandi Kornblum the Food Allergy Coach Copyright 2017.