

Food Allergy Activity Plan

Food Allergies:

Eggs

Peanuts

Tree Nuts: (almonds, cashews, hazelnuts, walnuts, pecans etc)

Shell Fish

What Happens?

- difficulty breathing
- throat closes
- nausea/vomiting
- swelling of tongue, face, mouth
- Anaphylaxis (call 911)

Reading Labels

- **Ingredients:**
- **May Contain:**
- **Made in a factory:**
- **Made on equipment with:**
- **Processed with:**

Safety Measures

- **Completely peanut & tree nut free environment**
- **My child doesn't eat homemade treats**
- **Separate table at parties for homemade treats**
- **Food free bus rides (safe food will be provided for far away meets)**
- **Wash hands after eating**
- **Life saving Epi-Pens are in the same place at practice and meets for easy access**

Homemade Treats

Treats with baked eggs like cookies, cakes, brownies etc are fine to bring for parties or snacks. My child won't be able to eat them, but will not react to them being in the room- As long as they are nut free!

What food is safe?

It is very difficult to say what specific brands are safe for my child to eat because companies change their manufacturing and labeling all of the time!

If you have a question about a label feel free to text a picture of it to me and I'll double check it! :)

Snacks and Party food ideas:

Pretzels

Chips

Fresh fruit and veggies (check any dip for egg)

Cheesy crackers

Pre packaged rice crispy bars

Some kinds of Oreo Cookies

Fruit snacks

Bagels (packaged, not bakery) and cream cheese

Ice cream (check for no eggs)

Graham crackers

Cheese, milk, yogurt

Pizza!

Some granola bars are fine

Some chex mix

Pringles

This is not a complete list -just a few ideas.