


BACK-TO-SCHOOL WITH FOOD ALLERGY

CHECKLIST FOR PARENTS

 **BACK-TO-SCHOOL IS AN EXCITING TIME. WHETHER YOUR CHILD IS JUST STARTING SCHOOL OR IS A RETURNING STUDENT, USE THIS CHECKLIST TO HELP GET READY!**



BEFORE SCHOOL STARTS

Read the **policies on allergy management** that your school district and your child's school have in place. Find national school policies at foodallergycanada.ca/schoolpolicies.

Fill out all the necessary school paperwork, like the **Anaphylaxis Emergency Plan**. Download a copy today at foodallergycanada.ca/AEP. If your child has asthma, be sure to update that information as well.

Talk to the school administrators about your child's allergy and review **emergency procedures** with staff. Request that this meeting include the teachers who will be in charge of your child.

Ask about **training sessions** for the school staff and when these happen.

Consult with foodservice/cafeteria staff to inquire about **food preparation at school**.

WHAT YOU CAN DO

Complete the free online course [Anaphylaxis in the Community](http://AllergyAware.ca) at AllergyAware.ca to understand the basics of anaphylaxis and learn how to reduce risks. Tell your school to take the one for school staff, [Anaphylaxis in Schools](http://AllergyAware.ca).

Provide your child and/or the school with at least one up-to-date **epinephrine auto-injector** (e.g., EpiPen®, ALLERJECT®, Emerade™). Practice with a free training device.



DURING THE SCHOOL YEAR

Supply your child's teacher with **safe snacks** in case of last-minute classroom celebrations.

Create a **positive relationship** with staff.



TEACH YOUR CHILD

Not to be afraid to tell you if they experience any exclusion or bullying at school due to their food allergy.

The basic **safety rules** around managing their food allergy at school.

The steps of the **emergency plan** (depending on their age/maturity level). Role playing can reinforce this information.

BACK-TO-SCHOOL WITH FOOD ALLERGY

CHECKLIST FOR STUDENTS

 FOLLOW THIS CHECKLIST AND MANAGE YOUR FOOD ALLERGY WITH CONFIDENCE.



EAT SAFELY

Avoid sharing food.

Only eat approved food from home or food that a parent or guardian has approved.

Don't share utensils, straws or containers.

Always read food labels yourself and don't eat anything with precautionary warnings, like "may contain".

Wash your hands before and after eating. Wipe down tables and other surfaces.



BE PREPARED

Tell others about your food allergy. Let them know where you keep your epinephrine auto-injector(s).

Always carry at least one **epinephrine auto-injector** with you. You never know when you may need it.

Wear **medical identification**, like a MedicAlert® bracelet.



TALK TO ADULTS AND OTHERS

Tell an adult when you don't feel well.

If you are being bullied or excluded because of your food allergy, **speak to an adult**.

Learn how others your age **manage their food allergies** at foodallergycanada.ca/teens.

VISIT
FOODALLERGYCANADA.CA/SCHOOL
FOR MORE INFORMATION