

# Back to School



## Back to School Food Allergy Checklist

Back to school is an exciting time. Whether your child is starting school for the first time or is a returning student, we have suggestions to help your family prepare.

### Parents

- Read the policies on allergy management that your school district and your child's school have in place. [Click here](#) for national school policies.
- Fill out all the necessary school paperwork, like the Anaphylaxis Emergency Plan. [Download a copy](#) today. 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.
- Complete the free online course [Anaphylaxis in the Community](#) 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](#).
- Provide your child and/or the school with at least one up-to-date epinephrine auto-injector (e.g., EpiPen®, ALLERJECT®). Practice with a training device (you can get one for free at [epipen.ca](#) or [allerject.ca](#)).
- Supply your child's teacher with safe snacks in case of last minute classroom celebrations.
- Create a positive relationship with staff.
- Consult with foodservice/cafeteria staff to inquire about food preparation at school.

### Teach your child

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

## **For students with food allergy**

Stay safe this school year with these basic rules:

- Avoid sharing food.
- Only eat approved food from home or food that a parent or guardian has approved.
- Don't share utensils or straws.
- Always read food labels yourself and don't eat anything with precautionary warnings, like "may contain". These are not safe to eat.
- Tell others about your food allergy. Let them know where you keep your auto-injector.
- Always carry at least one epinephrine auto-injector with you. You never know when you may need it.
- Wear MedicAlert® identification (get one at [medicalert.ca](http://medicalert.ca)).
- Wash your hands before and after eating.
- 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.
- If you're a preteen or teen, visit the [Teens and young adults](#) section of our website to see how your peers manage their allergies.