
Allergy Aware School and Childcare Settings

If your child attends an **allergy aware** school or child care facility, you may be asked to provide lunches and snacks free of certain ingredients and follow some guidelines. This helps create a safe environment for children with these food allergies. The following are tips for parents whose children attend allergy aware settings:

- Check with your child's school or child care centre for guidelines on reducing allergen exposure. Guidelines can vary depending on the school or age of the children.
- Read food labels and learn how to identify allergen ingredients. If you are unsure about a product, choose something else. For information on the many common names that identify allergen ingredients on food labels refer to the Canadian Food Inspection Agency fact sheets':
<http://www.inspection.gc.ca/food-consumer-centre/food-safety-tips/labelling-food-packaging-and-storage/allergen/eng/1332442914456/1332442980290>
- Encourage your child to wash their hands with soap and water before eating, and wash their hands and rinse their mouth after eating (including breakfast and snacks).
- Teach your child not to share his food, drink or utensils with classmates.
- Encourage your child to help clean her eating area after meal and snacks.
- If you are donating food for social and fundraising events, check with your child's school or childcare centre first to find out if there are nutrition or allergy guidelines in place. If your child's school welcomes food brought in for special events, make sure all ingredients in foods are clearly labelled including home-made items.
- If you are involved in planning hot lunch fundraisers, check with the school administration first to find out if there are nutrition or allergy guidelines in place. Caterers and franchises must be made aware of food allergies and follow guidelines or policies outlined by the school.

For more information:

- Food Allergies
www.FoodAllergyCanada.ca
- HealthLink BC: Severe Food Allergies in Children
<http://www.healthlinkbc.ca/healthfiles/hfile100a.stm>
- EpiPen
www.epipen.ca