

IS YOUR CHILD 'FOOD ALLERGY READY FOR SCHOOL'?



Parents and carers can consider these ideas when preparing their child with food allergy for school!

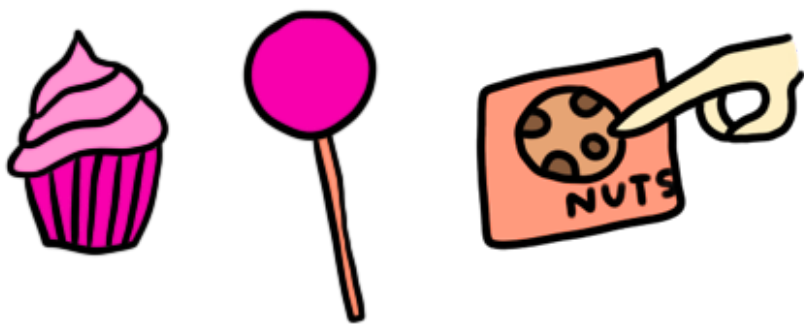


FOOD ALLERGY READY FOR STARTING SCHOOL MEANS THAT YOUR CHILD KNOWS:

- 1** what food they are allergic to and what it looks like



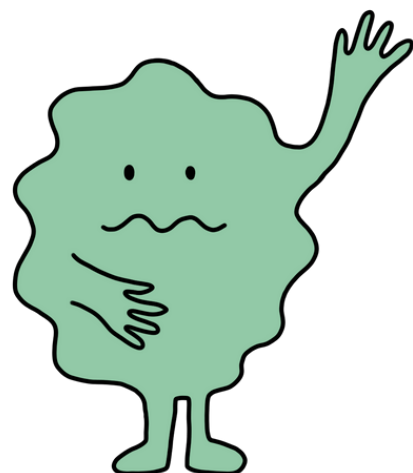
- 2** the food they are allergic to can be hidden in other foods



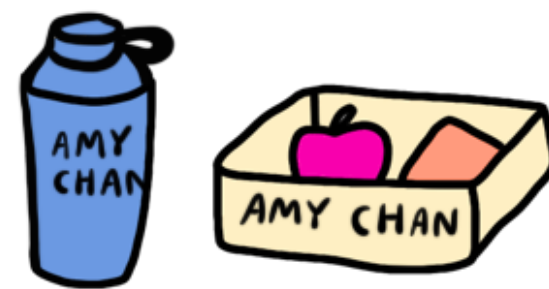
- 3** they must wash their hands before eating



- 4** how to tell an adult if they feel sick or feel worried



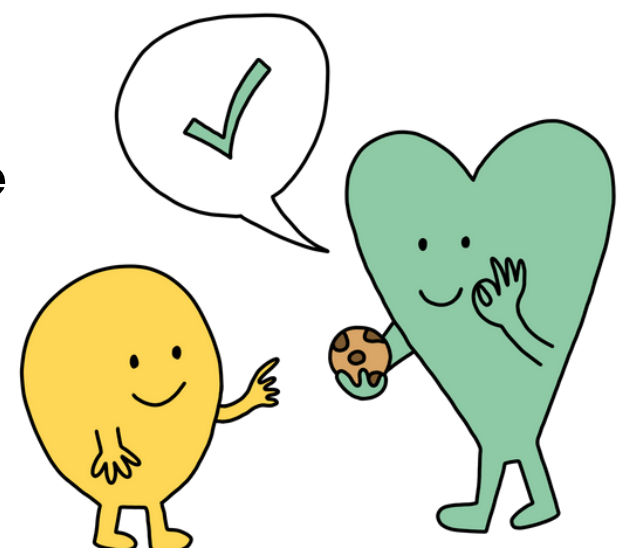
- 5** to only eat and drink from their lunch box and water bottle that have their full name on them



- 6** to say 'no thank you I have food allergy' when they are offered food



- 7** only accept food from someone a parent said can be trusted to read food labels when they are at school



- 8** they have an adrenaline device at school in case they get sick



Children need to know enough to be careful without being fearful of their allergy.

Prepare your child for a safer, positive start to school!

