When it comes to Food Allergy Safety,
It's a matter of **FAACT**

**F**
Food Allergies are REAL and can be FATAL!
Anaphylaxis is a serious allergic reaction that comes on quickly and has the potential to become life-threatening.

**A**
Avoiding Allergens is a MUST!
Never assume something is safe- **ALWAYS** read ALL labels for their ingredient and manufacturing information.

**A**
Allergies to Food are NOT a joke!
**NO child** should ever be bullied, teased or excluded, especially due to their food allergy.
Bullying: [www.FoodAllergyAwareness.org/education/bullying/](http://www.FoodAllergyAwareness.org/education/bullying/)

**C**
Cross-Contact CAN happen!
Proper cleaning of hands, cookware, utensils, and also surfaces is vital for preventing exposure to allergens.

**T**
Together, We CAN Make a Difference
FAACT is here to provide support and helpful resources that you can easily **learn, print, and share**!

Thank you for taking the time to learn about food allergies!

FoodAllergyAwareness.org