

FAACT's Food Allergy School Curricula Programs

Grades: 4-8



FoodAllergyAwareness.org



#KnowtheFAACTs

FoodAllergyAwareness.org

Operation: Food Allergy Safety



An Informational Brief to
support Mission Success

4-8th Grade Student Detectives

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Lots of Kids Have Food Allergies

I'm allergic to milk.



I'm allergic to tree nuts.

About **2 kids** in every classroom are likely to have a **food allergy**.

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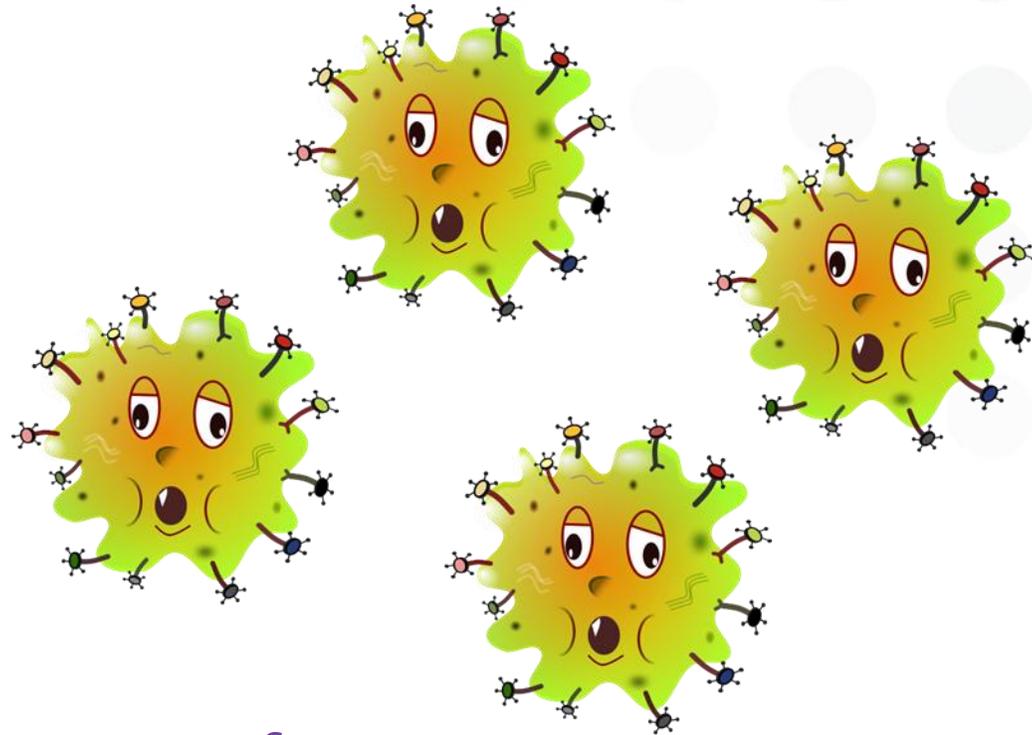
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The Immune System

Your immune system fights germs.

Sometimes the immune system makes a mistake and fights food proteins.

Immune System



Germs

Allergic Reaction

If someone is having an **allergic reaction**, they need help **right away**.

Allergic Reaction Warning Signs

- Itchy mouth
- Rash
- Itchy, raised hives
- Tightness in the throat
- Difficulty breathing

If you can't
find an adult...
call 911



Top 9 Food Allergens

Milk, egg, peanut, tree nut, fish, shellfish, wheat, soy, and sesame are the most common food allergens.



Soy



Egg



Peanut



Fish



Sesame



Shellfish



Tree nut



Milk



Wheat

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Pediatric Allergist

I can prescribe epinephrine, a medicine that saves lives.

I can determine if you are allergic to something.



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Emergency Medication



EpiPen.com



Auvi-Q.com



neffy.com

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Avoid Problem Foods



People with
FOOD
ALLERGIES
need to
AVOID
problem foods.

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Avoid Problem Foods



Pie



Ice Cream



Cookies

Read Ingredient Lists



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Cross-Contact

What are some ways that an **APPLE** could have cross-contact with **PEANUT BUTTER**?



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Follow School Rules

Examples of School Rules:

- Allergen-Free Classroom
- Allergen-Free Lunch Tables
 - No Eating on the Bus
 - No Sharing Food
 - No Food Fights
- Wash Hands after Eating



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Don't Share Food or Drinks



Don't trade
or share
lunch items.



Don't share
snacks or
desserts.



Don't share
water bottles.



Don't share
Gum or candy.



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Wash Your Hands After Eating



For washing hands or face, Use **warm/hot soapy water** or a commercial “tidy” wipe. It will help clean **food allergens** from your hands or face.



Hand Sanitizer **will NOT remove food allergens** from your hands.

Get Help Right Away



If you can't
find an adult
Call 911

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[FoodAllergyAwareness.org](https://www.FoodAllergyAwareness.org)

Be Kind

- Never Tease
- Never Bully



<https://www.FoodAllergyAwareness.org/bullying/>

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Be Considerate

Instead of...



Homemade Cup Cakes

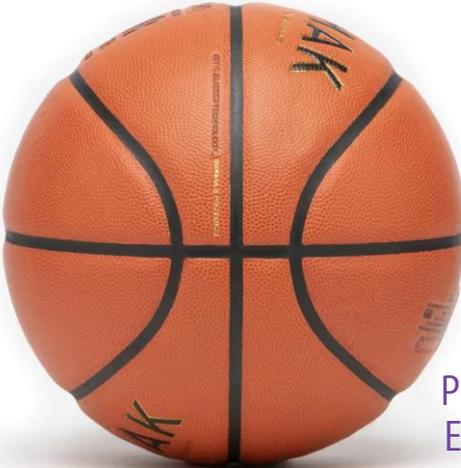


Fresh Baked Cookies



Donuts

How about...



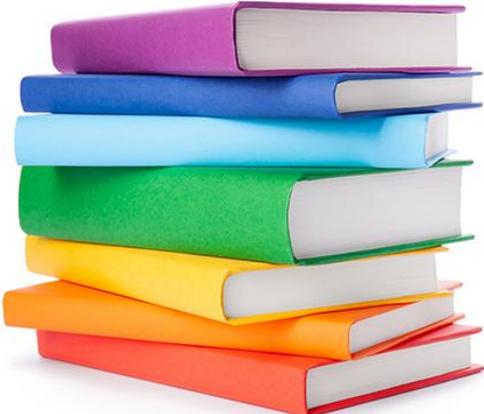
Playground Equipment



New Pencils



Store-bought Cookies with an Ingredient List



A New Book

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Spread Awareness

- **Celebrate** Food Allergy Awareness during the month of May
- **Share** a FAACT bookmark with your friends
- **Hang** a FAACT Poster
- **Ask** your school to purchase awareness posters, bookmarks and other resources from FAACT
- **Host** a Fundraiser for FAACT
- **Visit** FAACT at www.FoodAllergyAwareness.org

#ShareTheFAACTs with your school!
FREE Resources & Downloads

SIGNS AND SYMPTOMS OF ANAPHYLAXIS
Anaphylaxis (an-a-FAY-l-iss) is a serious allergic reaction that comes on quickly and has the potential to be fatal. It is characterized by the most common allergic reactions are to foods, insects, medicines, and latex.

10 FAACTs about Food Allergies

1. Food allergies affect as many as 22 million Americans, including 6 million in children. Studies report that 1 in 13 children and up to 1 in 10 adults in the United States have a food allergy. For children, this averages to two children per classroom.
2. A food allergy is an **immune system response** to a food that the body mistakenly believes is harmful.
3. Nine foods account for 90% of all food allergy reactions: **Peanuts, Tree nuts, Milk, Egg, Wheat, Soy, Fish, Shellfish, and Sesame.** However, almost any food can cause a reaction.
4. There is **no cure** for food allergies and **strict avoidance** is the only way to prevent an allergic reaction.
5. **Trace amounts** of an allergen can trigger an allergic reaction in some individuals. Past reactions to a food allergy **do not predict future reactions!** Someone can still have a life-threatening reaction to a food they are allergic to, even if they have never had a serious reaction before.
6. Symptoms can **develop rapidly** after exposure to an allergen, often within minutes and usually within 30 minutes. However, it can take up to 2 hours for symptoms to occur after exposure to a food allergen.
7. Anaphylaxis is a **serious allergic reaction** that comes on quickly and has the potential to become life-threatening. Anaphylaxis requires immediate medical treatment, including administration of epinephrine and a visit to the emergency room.
8. It is important to be deliberate and not **hustle** when you have to use epinephrine. The device is **potentially life-saving**. A call to 9-1-1 and a trip to the emergency room should always follow epinephrine administration.
9. Individuals at risk should carry **two epinephrine products** with them at all times AND an **Allergy and Anaphylaxis Emergency Care Action Plan** signed by a board-certified allergist.
10. **Food allergies continue to rise** and are a safety and public health concern across the United States. You can get free resources and find out how to help keep those with food allergies safe at: FoodAllergyAwareness.org

KNOW THE FAACTs

Food allergies affect approximately 22 million Americans, including 6 million in children. Studies report that 1 in 13 children and up to 1 in 10 adults in the United States have a food allergy. For children, this averages to two children per classroom.

There is **no cure** for food allergies and **strict avoidance** is the only way to prevent an allergic reaction.

Trace amounts of an allergen can trigger an allergic reaction in some individuals. Past reactions to a food allergy **do not predict future reactions!** Someone can still have a life-threatening reaction to a food they are allergic to, even if they have never had a serious reaction before.

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FAACT's Food Allergy School Curricula Programs
Grades: K-3, 4-8, 9-12

FAACTs for Schools
Staff Education Program

FAACT
Food Allergy & Anaphylaxis Connection Team
AWARENESS • ADVOCACY • EDUCATION

Know The FAACTs Award

Know The FAACTs

Award

Presented to:

For outstanding effort in learning Know The FAACTs
and helping your friends with food allergies stay safe.
Congratulations!

Signed

Date

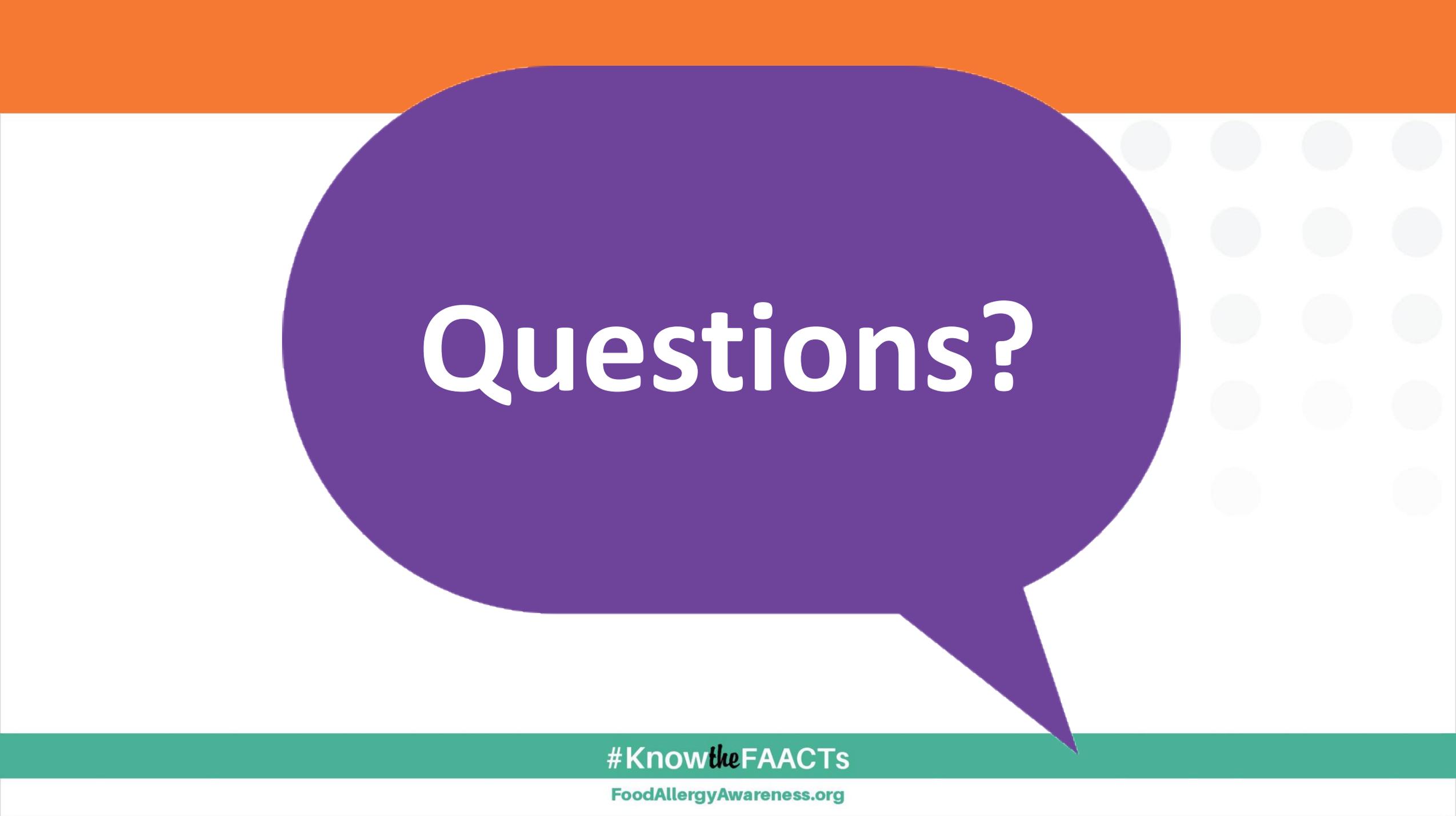


Food Allergy & Anaphylaxis Connection Team (FAACT) (513) 342-1293

www.FoodAllergyAwareness.org

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Questions?

#Know^{the}FACTs

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This program has been approved by FAACT's [Medical Advisory Board](#) and is supported by



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