

# FAACT's Food Allergy School Curricula Programs

Grades: K-3 



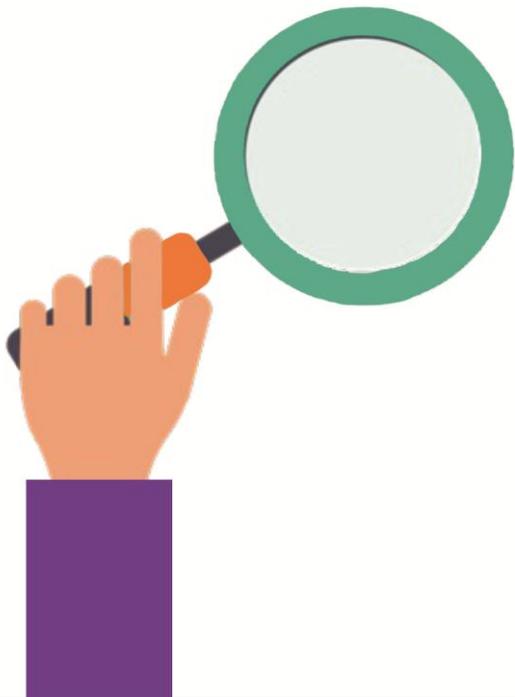
[FoodAllergyAwareness.org](http://FoodAllergyAwareness.org)



# FOOD ALLERGY FACTS

For Kids

Grades K-3



#KnowtheFACTs

[FoodAllergyAwareness.org](http://FoodAllergyAwareness.org)

# Lots of Kids Have Food Allergies



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

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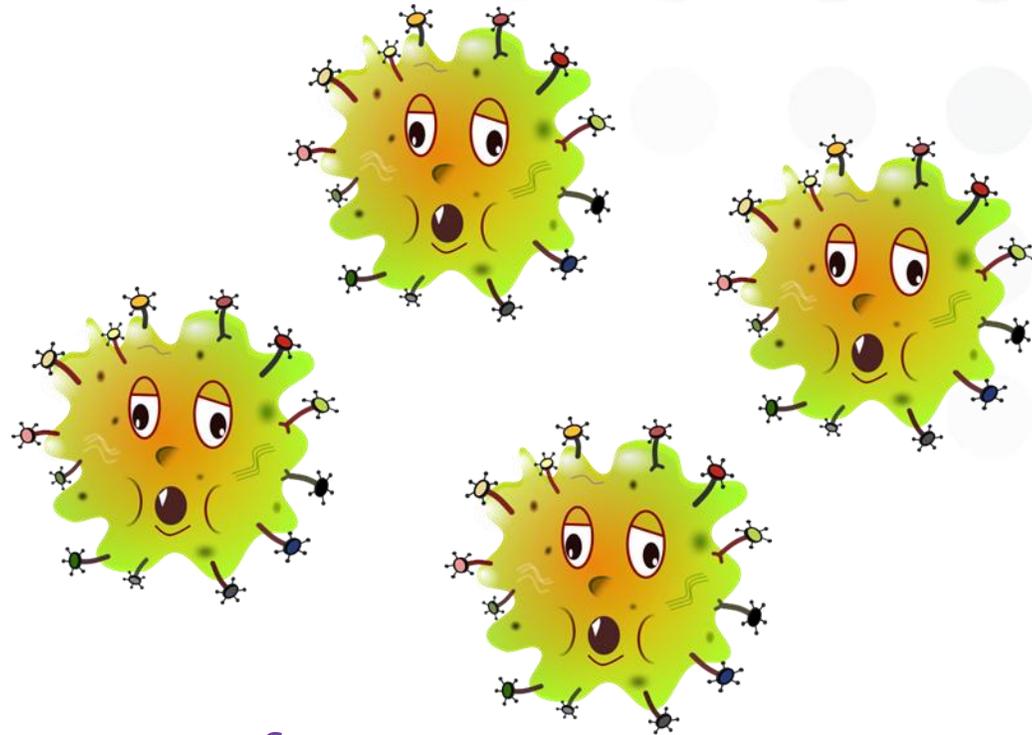
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# The Immune System

**Your immune system fights germs.**

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

Immune System



Germs

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# 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](http://EpiPen.com)



[Auvi-Q.com](http://Auvi-Q.com)



[neffy.com](http://neffy.com)

# Avoid Problem Foods



People with  
**FOOD**  
**ALLERGIES**  
need to  
**AVOID**  
problem foods.

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# Avoid Problem Foods



**Pie**



**Ice Cream**



**Cookies**

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# 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.

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Get Help Right Away



If you can't  
find an adult  
Call 911

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# Be Kind

- Never Tease
- Never Bully



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

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# Be Considerate

Instead of...



Homemade Cup Cakes

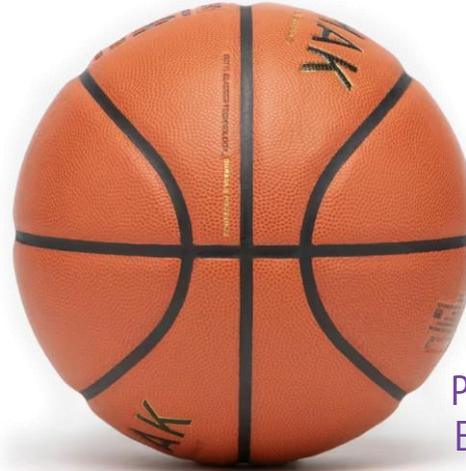


Fresh Baked Cookies



Donuts

How about...



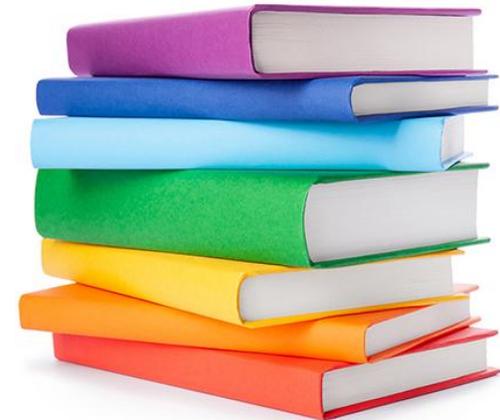
Playground Equipment



New Pencils



Store-bought Cookies with an Ingredient List



A New Book

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[FoodAllergyAwareness.org](http://FoodAllergyAwareness.org)

# 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](http://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 life-threatening. The most common anaphylactic 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 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 hesitate 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](http://FoodAllergyAwareness.org)

**KNOW THE FAACTs**  
Anaphylaxis is a serious allergic reaction that comes on quickly and has the potential to become life-threatening. Food allergies affect 1 in 13 children and up to 1 in 10 adults. These symptoms can indicate a severe reaction. R.I.T. (Red, Itchy, Tingly) is called with every reaction. An Oral Food Challenge is considered the "gold standard" test to determine if there is an allergy to a specific food. FAACT's mission is to educate, advocate, and raise awareness for all individuals and families affected by food allergies and life-threatening anaphylaxis. FAACT is a 501(c)(3) non-profit organization. [www.FoodAllergyAwareness.org](http://www.FoodAllergyAwareness.org)

**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 \_\_\_\_\_

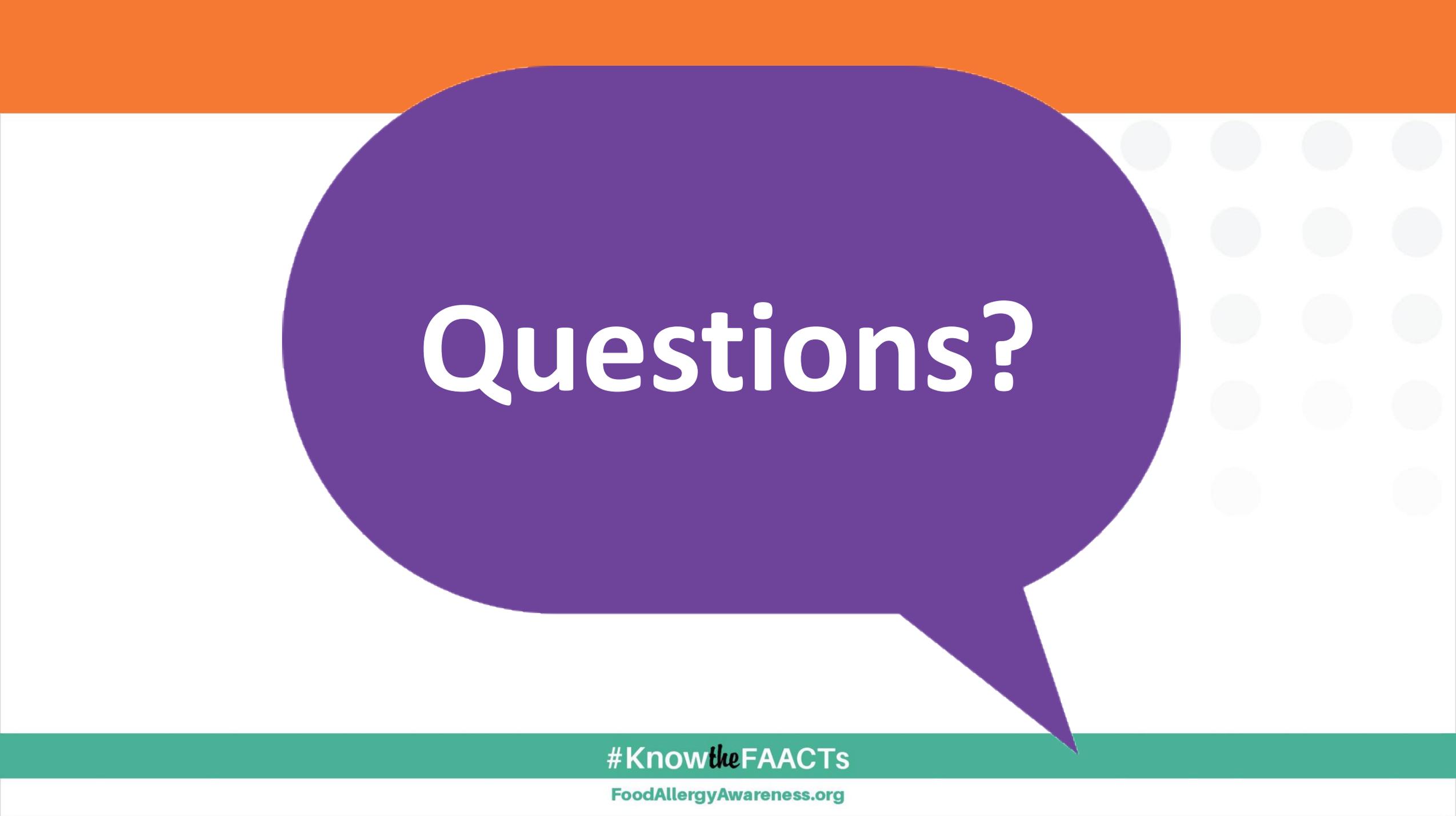


Food Allergy & Anaphylaxis Connection Team (FAACT) (513) 342-1293

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

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Questions?

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



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