



# Food Allergies

And how you can help keep our students safe!

Allergic Living

## I am a child with food allergies ...

I want to tell you ...

- That my food allergies are a serious medical condition, not a choice.
- That, just like me, 1 in 13 kids has food allergies.
- That I look "normal" because, if I'm not exposed to food allergens, I'm in good health.
- If I accidentally eat a food allergen, I could end up rushed to hospital with anaphylaxis. I could even die.
- I want to play with your kid. I want to be included.

Here's what I'm not ...

- I am not a picky eater (exception: liver!).
- I am not "weak". My immune system just mistakes some foods for enemies.
- I am not trying to inconvenience you, I just want to feel safe.

I want you to know ...

- When you take care not to expose me to allergens, you make my day!
- I don't enjoy food allergies. I sure wish there was a cure.
- I just want to learn and live and have fun. Just like your kid.

Please support food allergy awareness and research! -Allergic Living's editors.

Visit us at [AllergicLiving.com](http://AllergicLiving.com)



**École R. W. Bobby Bend School is an Allergy Aware School. We have students with life threatening food allergies to peanuts, tree nuts, fish, and chickpeas. We strive to make sure all of our students have a safe school environment with which to come, and trying to limit the risk of allergic reactions is one of the ways we do that.**

We ask all of our families to be aware and considerate of the students with these allergies by looking for packaging with a peanut free symbol and not sending foods containing peanuts, tree nuts, fish, or chickpeas. We know it isn't always convenient but we greatly appreciate the effort!

## Reading labels is an important part of packing snacks and lunches.

Make sure you read the Ingredients list AND the May Contain list. Foods labelled with the peanut free symbol are always a good choice.

INGREDIENTS: WHEAT FLOUR, ROLLED OATS, BROWN SUGAR, SOYBEAN OIL, WHEY (MILK), ALMOND, HONEY, SALT, NATURAL FLAVOUR.  
MAY CONTAIN EGG.



## TREE NUTS

These include almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, and walnuts.

## NO FOOD SHARING

We do not encourage food sharing between our students.

## HAND WASHING

If your child has food containing allergens for breakfast, have him/her wash this/her hands before coming to school.



Students who are required to carry an EpiPen wear school provided waist belts to help keep them visible to staff



Visit our school website to view the Safe Snack List for ideas on safe food to send to school.  
[isd21.mb.ca/rwbb](http://isd21.mb.ca/rwbb)



École R.W. Bobby Bend School PAC  
Allergy Awareness Committee

## What are some allergen free ideas of foods you could send your child for lunch?

- Fruit and Vegetables
- Crackers
- WOWBUTTER
- Sandwiches
- Wraps
- Pepperoni Sticks
- Pasta
- Muffins
- Cheese
- Yogurt



## Special Occasions At School

Parents often like to send treats for birthdays and holidays, but if you do send a treat, please consider the students with food allergies. Home baking, while delicious, is not preferred. The same goes for candy. Even if you check the packaging before sending, unless the parent or teacher is able to check the packaging themselves the child would not be able to have it. Bulk bought candy and treats are also not safe. There are lots of great ideas for things that you could send!

Treats, candy, or chocolate labelled with a peanut free symbol send in the original packaging.

- Pencils, erasers, stickers, tattoos, or small pads of paper. Kids love getting these!
- Just a card and well wishes!

## Facts About Food Allergies

A food allergy is an immune system response to a food that the body mistakenly believes is harmful.

Eight foods account for 90% of all food allergy reactions: Peanuts, Tree Nuts, Milk, Egg, Wheat, Soy, Fish & Shellfish

There is no cure for food allergies.

Trace amounts of an allergen can trigger an allergic reaction in some individuals. Past reactions to an allergen 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.

Symptoms can develop rapidly after exposure to an allergen, often within minutes and usually within 30 minutes.

However it can sometimes take up to 2 hours for symptoms to occur.

Individuals should carry 2 EpiPens with them at all times in the event that the first injection is not effective.

## WHAT IS ANAPHYLAXIS?

Anaphylaxis is the most serious type of allergic reaction. Reactions can vary greatly for different people and can be different from one reaction to the next.

Epinephrine is used to treat anaphylaxis. The medication comes in the form of EpiPens and is absolutely life saving to many children.

