



# Be a PAL to Friends with Food Allergies

**Did you know that 1 in 13 kids in the United States has a food allergy? That's about two kids in every classroom. For kids with food allergies, even a tiny amount of the food they are allergic to can make them very sick.**

The most common food allergies are to milk, egg, peanuts, tree nuts (like walnuts and almonds), soy, wheat, fish, and shellfish (like shrimp and crab). But a person can be allergic to any food!

Since food allergies affect so many kids, it is good to learn how you can Be a PAL to a friend with food allergies! Here's how:



## **Know that food allergies are very serious.**

It's hard to believe that foods you eat every day can hurt others, but it's true!

If someone with a food allergy eats something they are allergic to, they can get very sick and sometimes have to go to the hospital.

If a friend or classmate has a food allergy, don't tease, bully or make fun of them. Tell an adult right away if you see other kids picking on someone with a food allergy,



## **Don't share your food with friends who have food allergies.**

You can share jokes and laughs with your friends with food allergies, but don't share food. For kids with food allergies, sharing food can be very dangerous. So don't offer kids with food allergies anything from your lunch or snack. Why? Because it may have something in it that could make them very sick or hurt them.



## **Wash hands after eating.**

Washing your hands with soap and water after you eat is very important. It's a good way to clean off any food that is on your hands.



## **Help all of your friends and classmates have fun together!**

There are lots of ways to have fun without food! Listening to music, playing board or video games, making crafts, going for a bike ride, and playing sports are just some of the cool things you can do together. This way, everyone stays safe and has fun!



## **If a friend with food allergies feels sick, get help right away!**

If your friend feels sick or thinks they may have eaten something they are allergic to, tell an adult right away or dial 911! They will make sure your friend gets help and gets the medicine they need to feel better.

**Save this handout so you won't forget how to Be A PAL,  
and Protect A Life From Food Allergies!**

