

Food allergies are not a choice, but kindness is.

EVERYONE BELONGS

Small actions create a big impact!

INCLUDE. UNDERSTAND. BE ALLERGY AWARE.



BE KIND



ASK



BE SAFE



INCLUDE



SUPPORT

Food allergy kids want the same things as you: friends, fun, and a safe place to learn!

FOR STUDENTS



BE A FRIEND

Include everyone. Invite them, sit with them, play with them.



BE CURIOUS

Learn about food allergies. It shows you care.



BE CAREFUL

Don't share food. Even a tiny bite can be dangerous.



BE A HERO

If you see someone having a reaction, get an adult right away.



BE AWESOME

Kindness makes our school a better place for everyone!

FOOD ALLERGIES ARE REAL.

Even a tiny amount can cause a serious reaction.

COMMON TRIGGERS



PEANUTS



TREE NUTS



MILK



EGGS



WHEAT



SOY



FISH



SHELLFISH



SESAME

Everyone's allergies are different. Always check!

FOR TEACHERS & STAFF

- ✓ Know your students and their allergies.
- ✓ Keep emergency plans and medication accessible.
- ✓ Encourage a no-food-sharing classroom.
- ✓ Communicate with families.
- ✓ Teach inclusion and respect.
- ✓ Create a safe space for all.

THANK YOU

for helping every student feel safe, included and valued.

IMPORTANT INFO (FILL IN & SHARE)

Students with allergies in this class: _____

Allergens to avoid: _____

Emergency plan: _____

Contact: _____

OUR CLASS PROMISE

We will be kind, we will be careful, and we will include everyone. Together, we can make our classroom a safe and happy place!

QUICK TIPS



Wash your hands.



Don't share food or drinks.



Keep lunch areas clean.



Ask before bringing treats.



When in doubt, leave it out!

CLASSROOM IDEAS

- ★ Celebrate birthdays with non-food ideas.
- ★ Use stickers, high-fives, and kind notes.
- ★ Learn together about allergies.
- ★ Make a friendship chain—include everyone!



REMEMBER

You don't have to have an allergy to make a difference!

- ☒ Be kind.
- ☒ Be smart.
- ☒ Be safe.
- ☒ Be inclusive.
- ☒ Be YOU!

Different is good. Inclusion is better. Together is best!