



Food Allergy Awareness

May 2019

Start with Hello's Mission

Our Mission:

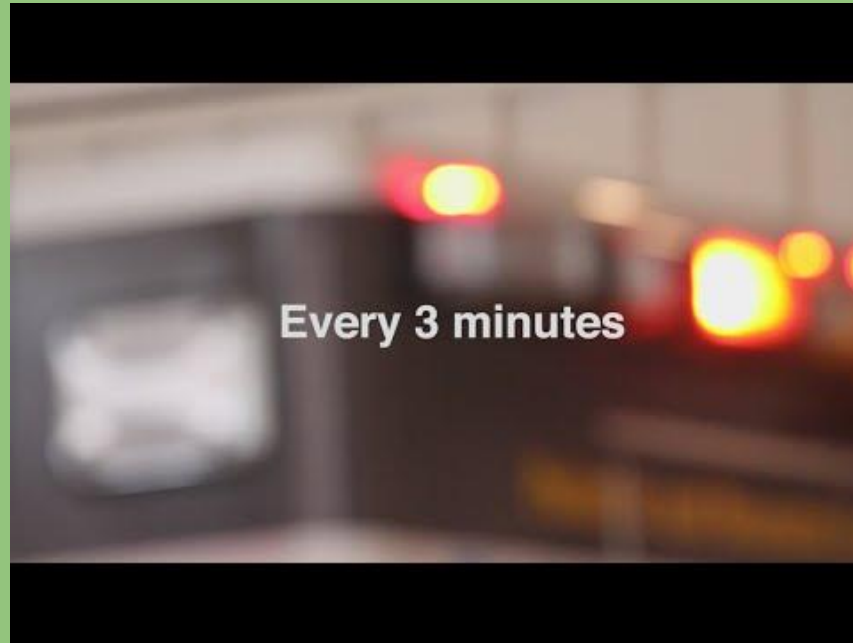
- ❑ Provide students and staff opportunities to support each other in order to promote a **positive school culture.**
- ❑ That means we feel closer, more connected and inclusive towards each other.
- ❑ Maintain a positive school climate for all students, staff and families.
- ❑ Eliminate ALL ISOLATION.

The Connection:

- ❑ Food allergies have the ability to isolate....**ONLY IF WE LET IT...**
- ❑ The first step in eliminating ignorance is to **EDUCATE!**
- ❑ Here is where we can ALL do our part.



What are Food Allergies?



Questions

- 1) What part of the video stood out to you?
- 2) Do you have any experiences with food allergies? If so, what?
- 3) Does anyone close to you have an allergy?



The Facts

- ❑ 1 in 13 children in America has a food allergy (2 in every classroom)
- ❑ Food allergies can be life threatening and need to be taken seriously.
- ❑ Strict avoidance of the allergen is the ONLY way to prevent a reaction.
- ❑ 35% of children with allergies have been bullied due to their allergy
- ❑ People can be allergic to ANYTHING! However, 90% of children are allergic to the top 8 allergens (next slide)



Top Allergens in the United States

1. Milk
 2. Eggs
 3. Peanuts
 4. Fish (e.g., bass, flounder, cod)
 5. Shellfish (e.g., crab, lobster, shrimp)
 6. Tree nuts (e.g., almonds, walnuts, pecans, cashews)
 7. Wheat
 8. Soybeans
 9. Sesame (does not yet have to be labeled on food label)
- The top 8 allergens must be labelled on food labels.
 - However, more than 170 foods have been reported to cause allergic reactions.



There are a Wide Range of Symptoms:

Mild to moderate symptoms:

- Hives
- Eczema flare-up
- Redness of the skin, particularly around the mouth or eyes
- Itchy mouth or ear canal
- Nausea or vomiting
- Diarrhea
- Stomach pain
- Nasal congestion or a runny nose
- Sneezing
- Slight, dry cough
- Odd taste in mouth

Severe symptoms:

- Swelling of the lips, tongue, and/or throat that blocks breathing
- Trouble swallowing
- Shortness of breath or wheezing
- Turning blue
- Drop in blood pressure (feeling faint, confused, weak, passing out)
- Loss of consciousness
- Chest pain
- A weak or “thready” pulse
- Sense of “impending doom”
- Anaphylaxis (severe and potentially life-threatening allergic reaction)

For more information: <https://www.foodallergy.org/> (Food Allergy Research and Education website)

What is important for YOU to know?

- ❑ **Reactions DO NOT just happen when someone ingests it.**
 - ❑ They can happen due to **cross contact** (the presence of unintended allergens), **inhaling** it, and from **saliva** (sharing utensils, instruments, chapstick, drinks, etc.)
- ❑ Many of these students must carry EpiPens (**Epinephrine**) with them everywhere they go. It's beneficial for **everyone** to know how to use an EpiPen. (Thanks Mrs. Scala for making that possible even during school. You rock! 🥰)



When someone is having a severe reaction, There are 3 Steps.

Out of school:

- 1) **Inject epinephrine** immediately! (It cannot hurt.)
- 2) **Call 911** Request ambulance with epinephrine and say that you gave epinephrine.
- 3) **Stay** with person until emergency crew arrives along with the medication that was given.

In school:

- Get the nurse or the closest adult.

(After epinephrine, additional meds such as antihistamine and inhaler are sometimes needed or even a second dose of epinephrine.)



Inside Allergies



Let's get real... with some food allergy stories from some of our classmates, teachers, friends and family.





Follow-up Questions

- 1) Did any part of the video grab your attention? If so, what and why?
- 2) Did you learn anything from watching this video?
- 3) Isolation is “the process or fact of being separated.” How can food allergies be isolating?
- 4) How can we eliminate isolation from happening at school? At home? In our lives?

What Can YOU Do?

(Ways to help every day)

Be Mindful

- 1) Wash your hands after eating.
- 2) Wipe down surfaces after eating an allergen.
- 3) Don't share food or utensils.



Empathy/Ask

- 1) **Get the specifics.** Find out which foods your friends or classmates are allergic to and what the symptoms of a reaction are.
- 2) Simply be aware and have an open mind to it. Empathy goes a long way.
- 3) If hosting an event, ask what products and foods are safe.
- 4) Take it seriously.

I think we all have empathy.
We may not have enough courage
to display it.

– Maya Angelou



 www.braintrainingtools.org



What Can YOU Do?

(Nationwide initiatives - get involved)

Join the Teal Pumpkin Project

- ❑ Halloween can be a difficult time for those with allergies.
- ❑ This project promotes safety, inclusion and respect of individuals managing food allergies.

How can you participate?

- ❑ Provide non-food treats for trick-or-treaters (see [FARE website](#) for suggestions)
- ❑ Place a teal pumpkin (*the color of food allergy awareness*) in front of your home to indicate you have non-food treats available
- ❑ Spread the word! Tell your families, friends and neighbors about this initiative.



Snack Safely

- 1) Check out the [Snack Safely website](#).
- 2) This is a site that has safe snacks and foods for those with allergies.
- 3) Schools use this. It is posted on our [Montclair district site](#) as well.
- 4) When you are planning an event or party, check it out to ensure everyone is safe and included.

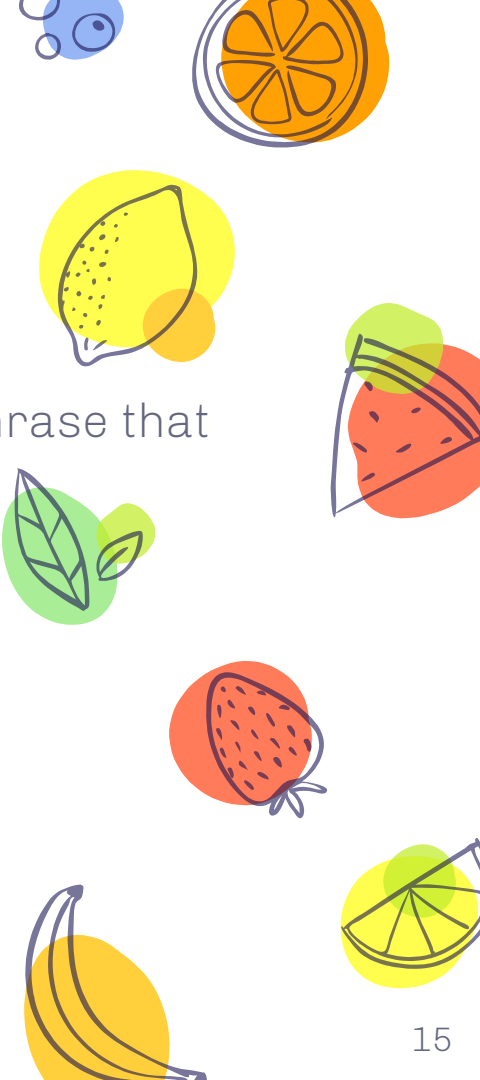


Some Food for Thought



Buzz Has Courage

1. FARE currently has an initiative called the [Contains Courage Campaign](#).
2. Each student will describe themselves using one word or phrase that makes them courageous.
3. View the example for guidance.
4. Fill in your homeroom number.
5. Feel free to make it colorful and creative.
6. Please place all completed sheets in Mrs. Kosuda's mailbox.



Peace requires everyone to be in the circle -

wholeness, inclusion.

- Isabel Allende

When everyone is included, everyone wins.

No act of kindness, no matter how small, is ever
wasted.

- Aesop

- Jesse Jackson



"Alone we can do so little,
together we can do so much."
- Helen Keller