

**Food Allergy Awareness Week
PA Announcement Examples**

The pages that follow are ideas from Lauren Unke, a NEOFAN supporter, who has worked to increase awareness about food allergies at her child's school

**Food Allergy Awareness Week
PA Announcement**

Day #1

(Optional: Hi, I am (first name) _____, I have a _____ allergy. I found out about my allergy when I was ____ years old)

Today, Monday, May 8th kicks off Food Allergy Awareness week.

Did you know there are many children in X Schools with food allergies?

Food allergies affect approximately 15 million Americans, including 6 million children today. In fact, 1 out of every 13 children has a food allergy - that is almost 2 children per classroom.

Today there is no cure for food allergies. Strict avoidance is the only way to prevent a reaction.

[SECOND PERSON]

(Optional: Hi, I am (first name) _____, I have a _____ allergy. I found out about my allergy when I was ____ years old)

Teal is the official color of food allergy awareness. Something cool is happening this week to many of our national buildings and monuments . . . they are being lit up in the color teal in honor of food allergy awareness week. 14 U.S. landmarks and two Canadian cities will shine in honor of food allergy awareness this month. Some of these national buildings include: The Empire State Building, the Peace Bridge, the Pacific Science Center, Niagara Falls and even our very own Terminal Tower in downtown Cleveland.

Day #2

(Optional: Hi, I am (first name) _____, I have a _____ allergy. I found out about my allergy when I was ____ years old)

The theme for food allergy awareness week is React with Respect!

Some kids can get very sick when they eat certain food. This is called a food allergy.

The top 8 foods kids are allergic to are: milk, egg, peanuts, tree nuts (like almonds and cashew), soy, wheat, fish, and shellfish (like shrimp and crab). But a person can be allergic to any food!

If someone tells you they have a food allergy you should React with Respect.

[SECOND PERSON]

(Optional: Hi, I am (first name) _____, I have a _____ allergy. I found out about my allergy when I was ____ years old)

How do you respect food allergies? You do so by

1. Knowing that food allergies are serious
2. Washing your hands after eating when around others with food allergies
3. Don't share your food with friends who have food allergies
4. Getting help right away if a friend gets sick
5. Show kindness

Look for the cool Allergy Awareness posters around the school....

Day #3

(Optional: Hi, I am (first name) _____, I have a _____ allergy. I found out about my allergy when I was ____ years old)

Did you know there are nearly **6 million kids** in the United states living with a food allergy.

Ok, now picture this . . . That is **one million more** kids then it would take to fill every seat in every Major League sports stadium.

Guess how many Major League Sports stadiums there are for soccer, hockey, basketball, football and baseball . . . **138 sports arenas!** THATS HUGE!

More cool facts tomorrow - Look for the Allergy Awareness posters around the school....

Day #4

(Optional: Hi, I am (first name) _____, I have a _____ allergy. I found out about my allergy when I was ____ years old)

Here are some interesting facts about food allergies you may not know:

- What is a food allergy? It's when a body's immune system sees a certain food as harmful and reacts against it! Symptoms can be life-threatening.
- Food allergies among children have increased by 50% and now affect over 6 million. I bet most of you know several kids with food allergies!
- The first line of treatment for a severe allergic reaction is epinephrine or an EpiPen. It stops the reaction from getting worse.
- There is no cure for food allergies yet. Some studies have shown promising results.
- Food allergies are on the rise, but no one knows why. 1 in 13 US children now has a food allergy.
- Kids and families with food allergies have to read food labels very carefully every time they buy a product, even if they have eaten that product before.
- Purell or hand sanitizers do not remove food proteins, which are the things in the food that cause an allergic response . . . they just spread the bad stuff around. You need to use soap and water and wash the proteins down the drain!

Day #5

(Optional: Hi, I am (first name) _____, I have a _____ allergy. I found out about my allergy when I was ____ years old)

Since food allergies affect so many kids, we wanted to share how you can Be a PAL (that's P.A.L.) to a friend with food allergies! PAL stands for Protect a Life.

How to be a PAL today:

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,

[SECOND PERSON]

(Optional: Hi, I am (first name) _____, I have a _____ allergy. I found out about my allergy when I was ____ years old)

Another way you can be a PAL is

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 . . . even if you can't see something that looks dangerous.

(OPTIONAL kids can read together)

So what did you learn this week about food allergies and being a PAL? Turn to the person sitting next to you and tell them right now.