

TIPS FOR MAKING YOUR SCHOOL ALLERGY-FRIENDLY

Become an allergy-friendly school.

Focus on education. Find children who are comfortable speaking about their allergies to share information with their fellow students.



Keep teachers and staff informed on the latest information about allergies.

Post your school's food policy on the website along with information about allergies and allergy-friendly alternatives.



Encourage parents of children with allergies to *share information with other parents.* A PTO or PTA meeting would be a good forum to share information.



Have clear snack guidelines.

As an example: Snacks brought to school must be store-bought and include a nutrition label. Children are not allowed to share snacks.

PTOs and PTAs can *encourage use of allergy-friendly snacks* at events outside of school.

At the start of the school year, *ask teachers to send home a letter* to parents about allergies in the classroom to build awareness.

Enlist the *school nurse as a champion* of students with allergies.



Post signs on the door of each classroom listing the allergies in that room.