

Teal Classroom™:

Food Allergy Awareness Kit



**Lesson plans and
activities to promote
health and inclusion
in K-5 classroom settings**



Asthma and Allergy
Foundation of America



**KIDS WITH
FOOD ALLERGIES**
A Division of the Asthma and Allergy
Foundation of America

For Teachers, School Administrators, and School Nurses

WHAT IS A FOOD ALLERGY?

A food allergy occurs when the body's immune system sees a certain food as harmful and reacts by causing symptoms. This is an allergic reaction. Foods that cause allergic reactions are allergens. About 5 million children in the United States have a food allergy. That means a typical classroom has one to two children with food allergies.

Although a person can be allergic to any food, nine foods cause the most food allergy reactions: milk, egg, peanut, tree nuts, sesame, wheat, soy, fish, and crustacean shellfish. Some food allergies are more common in children than adults and vice versa. Food allergies can cause a life-threatening allergic reaction called anaphylaxis (anna-fih-LACK-sis).¹

Symptoms can include:



Skin rash, itching, hives



Swelling of the lips, tongue, or throat



Shortness of breath, trouble breathing, wheezing (a whistling sound when breathing)



Stomach pain, vomiting, diarrhea



Feeling like something awful is about to happen

Epinephrine is the medicine used to treat anaphylaxis. Epinephrine comes as an auto-injector or pre-filled syringe. It is safe and easy to use. Prompt treatment of anaphylaxis with epinephrine works quickly to stop the symptoms. You may know epinephrine as: EpiPen®, AUVI-Q®, “epi”, or adrenaline.

About 20-25% of allergic reactions requiring epinephrine in schools occur without a prior history of food allergy.² For this reason, most states allow schools to stock undesignated epinephrine to use in case of an allergic emergency.

WHAT IS A TEAL CLASSROOM™?

Teal is the color of food allergy awareness. The Centers for Disease Control and Prevention (CDC) estimates about 6.5% of children in the United States have a food allergy. That means about one in every 15 children has a food allergy.³ Forty-five percent of severe allergic reactions in schools begin in the classroom.⁴ A Teal Classroom means you have a classroom that encourages being safe and inclusive for people (students and staff) with food allergies. One way you can do this is by not using food for lesson plans, celebrations, or rewards. This creates a fun, safe, and inclusive environment for all children with special diet restrictions.

The CDC's *Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs* recommends the “use of non-food incentives for prizes, gifts and awards.”⁵ Other well-respected health organizations, including the Asthma and Allergy Foundation of America, recommend this as well.

While a shift to non-food celebrations and rewards may mean slight changes to school traditions, there are benefits. This practice can help ease anxiety about unexpected food at school and the chance of accidental exposure to allergens for children with food allergies.

Teaching students about food allergies can also help reduce the prevalence of food allergy bullying. Many children with food allergies are bullied because they are seen as different, and other children don't understand the seriousness of food allergies.

Some ways bullies may try to harm a child who has food allergies are:

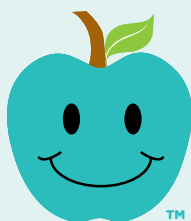
- Teasing the child about foods they can't eat
- Teasing the child for having food allergies
- Teasing the child because their food is “different”
- Hiding the food allergen in safe foods
- Trying to make the child eat something they know contains the food allergen
- Smearing food on the child's skin, desk, or other possessions
- Making threats to harm the child with the food allergen

We encourage all schools to have a zero-tolerance bullying policy that includes food allergy bullying.



HOW YOU CAN RAISE FOOD ALLERGY AWARENESS IN THE CLASSROOM

- Print out and hang our *Food Allergy Awareness* poster on your classroom door.
- Avoid using food in lesson plans. Review *Potential Food Allergens in Preschool and School Activities* guide (page 19) to learn where allergens might hide in your craft or art supplies.
- Use non-food rewards. See our *Non-Food Rewards for Children with Food Allergies* guide (page 21) for ideas for no-cost, low-cost, active, and from-the-heart rewards.
- Develop food allergy awareness lessons based on the information and teaching tools included in this guide.
- Have students “pledge” to be food allergy aware to make sure everyone stays safe. Print *Food Allergy Aware* stickers to give as rewards and reminders.
- Print *Food Allergy Aware* stickers to put on treat bags that contain non-food treats. Share our list of non-food treat ideas with parents.
- Review the Individual Health Care Plan (IHCP) or 504 plan for any students in your classroom. These plans detail how to manage their food allergy safely in the classroom.
- Be aware of all students’ privacy and take care not to bring unwanted attention to any child’s medical condition.



Be food allergy aware!

A food allergy aware classroom can be safer and more inclusive for children on special diets.



FOOD ALLERGY AWARENESS LESSONS FOR K-5

Raising food allergy awareness in school will help students, staff, and volunteers understand the risks associated with food allergies and how to keep all children safe. Use the following information as a guide to create a lesson plan that is age appropriate for your students.

LESSON 1 – FOOD ALLERGY BASICS

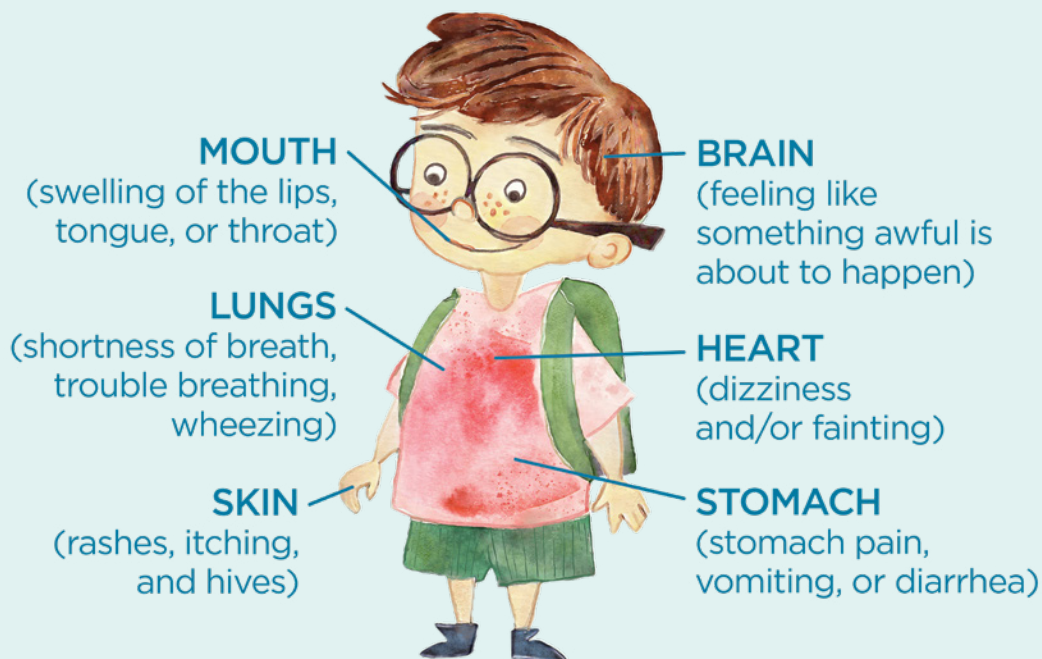
What is a food allergy?

A food allergy happens when the body's defense system (the immune system) sees a certain food as harmful. This is called an allergic reaction. Foods that cause allergic reactions are called allergens. When an allergen gets into the mouth, eyes, or nose, the body starts its defense to fight the allergen. This triggers allergic reaction symptoms. Some children will explain that their food allergens "make them sick."

What happens during an allergic reaction?

Each food allergy reaction can be different. Sometimes the symptoms are mild. Other times, symptoms can be severe. This type of reaction is called anaphylaxis [anna-fih-LACK-sis] and usually involves more than one part of the body. Anaphylaxis can get worse quickly. Anaphylaxis must be treated right away with a medicine called epinephrine.

Symptoms of anaphylaxis usually involve more than one part of the body.
Some symptoms include:



Even if you don't have a food allergy, if you feel these symptoms, you should tell an adult.

How common are food allergies?

Food allergies are common. About one out of every 15 children have a food allergy. You probably know someone who has a food allergy.

What foods cause the most allergic reactions?

People can be allergic to any food, but there are nine foods that cause the most allergic reactions:



Eggs



Soy



Sesame



Milk



Wheat



Fish



Peanuts



Tree nuts (such as almonds, walnuts, pecans, cashews, pistachios)



Crustacean shellfish (such as lobster, shrimp, and crab)

For children, it is more common to be allergic to peanuts, eggs, and milk. For adults, it is more common to be allergic to crustacean shellfish.

Teaching Tools for Lesson 1:

Grades K-2

- Andy's Food Allergy Reaction symptoms matching game (page 11)
- Scooter's Food Allergy Find word search (page 12)

Grades 3-5

- Anaphylaxis word challenge (page 13)
- Ally's Food Allergy Frenzy crossword puzzle (page 14)



LESSON 2 - HOW TO KEEP YOUR FRIENDS WITH FOOD ALLERGIES SAFE

When someone has a food allergy, they have to be careful with what they eat. They have to read the labels on the foods to check the ingredients. To keep them safe, it's best to not share foods. And for everyone to wash their hands before and after eating.

Note for teachers/staff: “Cross contact” between safe foods and allergens can happen when foods are prepared or shared. Always prepare foods separately with clean hands, surfaces, and utensils.

With simple steps, we can prevent allergic reactions and keep our friends safe!

Keep it clean

- Wash hands with soap and water before and after eating. Hand sanitizer kills germs but will not remove food allergens from hands.
- Tell an adult know about a spill or mess so it can be cleaned up properly.

Don't share foods

- Don't share food. Many foods look alike especially if they are not in their original package.

Note to teachers and staff: Sometimes reading a food label to look for allergens can be complicated. The most common allergens must be labeled in plain language on food regulated by the Food and Drug Administration (FDA). However, advisory warnings (such as potential cross-contact during processing) are not required. The warning labels are also not defined or regulated. There is no legal difference between “may contain”, “made on the same equipment as”, or “made in the same facility as” warning statements. Bakery items and home-prepared food may not have an ingredient label and so it is best to avoid serving those foods to children with food allergies.

Don't be a bully

- Sometimes children with food allergies have food that may seem different. Don't make fun of their food. Everyone likes different things, and their food is just as yummy even if it is different.



Get help

- Call for help if you think your friend is having an allergic reaction. It's important to let an adult know. Your friend may try to hide the symptoms of an allergic reaction. If they want to go to the bathroom, offer to go with them.
- If someone is feeling sick and showing signs of an allergic reaction, get help from an adult. The teacher, nurse, or other office staff will know how to help your friend.

Teaching Tools for Lesson 2:

Grades K-2

- Food Allergy Awareness Classroom Pledge / Food Allergy Awareness coloring page (page 15)
- Ask students if they can think of things that contain the most common food allergens – see answer key (page 18) for ideas

Grades 3-5

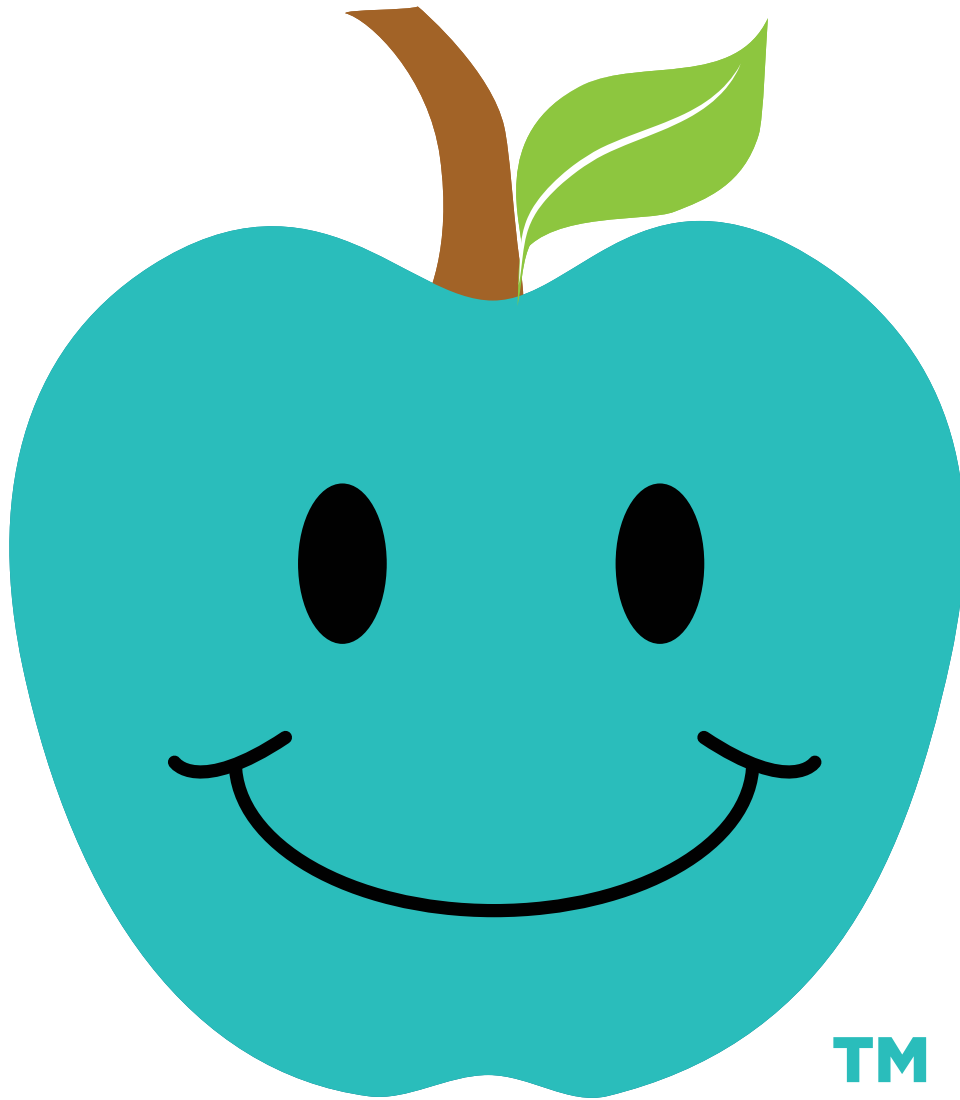
- Food Allergy Awareness Classroom Pledge (page 16)
- Label reading hunt – find foods that contain the most common allergens
Learn about label reading – kidswithfoodallergies.org/read-labels



REFERENCES

1. U.S. Food and Drug Administration. Food Allergies. <https://www.fda.gov/food/food-labeling-nutrition/food-allergies>. (Retrieved July 27, 2021)
2. Sicherer SH, Furlong TJ, DeSimone J, Sampson HA. The US Peanut and Tree Nut Allergy Registry: characteristics of reactions in schools and day care. *J Pediatr*. 2001;138(4):560-565.
3. Black LI, Benson V. Tables of Summary Health Statistics for U.S. Children: 2018 National Health Interview Survey. 2019. Available from: <https://www.cdc.gov/nchs/nhis/SHS/tables.htm>
4. Data Health Brief: Epinephrine Administration in Schools. Massachusetts Department of Public Health Bureau of Community Health Access and Promotion. School Health Unit. 2009-2010.
5. Centers for Disease Control and Prevention. Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs. Washington, DC: US Department of Health and Human Services; 2013.

This Is a Food Allergy Aware Classroom



TM

**Our classroom keeps
people with food allergies
safe and included.**



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Compatible with Avery labels 22807. Make sure your printer is set to print “Actual Size”.



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Andy's Food Allergy Reaction

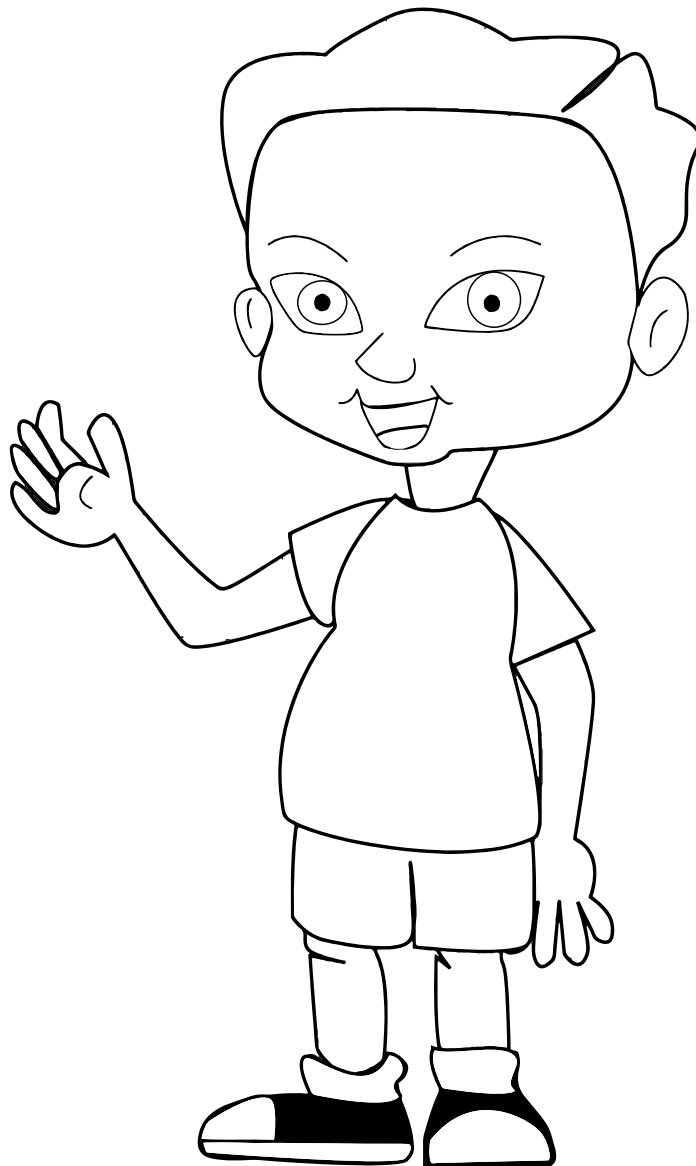
What happens when you have a food allergy reaction?

Draw a line to show where in your body each could happen.
Color Andy when you are done.

Tongue feels funny

Dizzy
(spinning feeling)

Stomach hurts



Thinking that
something bad
is going to happen

Hives (itchy bumps)

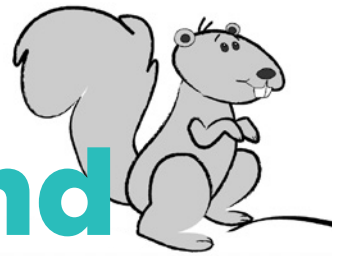
Hard to breathe



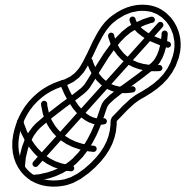
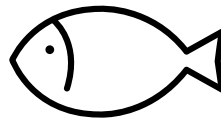
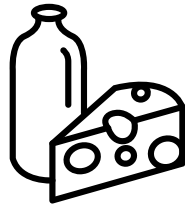
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Scooter's Food Allergy Find

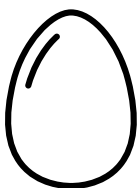


Find the foods listed that people are allergic to, also called allergens.



W	E	G	X	I	W	X	B	K	Y	X	P	S	H	K
I	G	O	K	F	D	D	S	Q	Q	I	L	T	S	Y
O	G	F	I	U	Y	Q	D	X	A	E	H	U	I	J
J	S	S	H	U	R	E	V	G	E	H	B	N	F	H
C	H	S	G	M	K	Y	Z	Q	F	X	B	A	L	Q
U	X	E	S	I	S	G	W	H	E	A	T	E	L	H
N	I	Y	T	L	O	V	I	O	I	S	Q	P	E	Y
P	U	B	U	K	Y	I	X	X	T	Y	Z	E	H	V
N	E	T	N	Q	O	S	L	Z	T	A	G	U	S	V
L	H	V	E	N	J	Z	Y	W	D	H	F	T	V	O
S	P	R	E	H	A	J	E	G	V	A	H	Z	Q	U
V	J	Y	R	A	E	M	L	G	U	U	M	V	O	I
P	S	M	T	C	E	T	L	G	N	N	Y	Q	Y	S
F	P	F	O	X	S	E	S	A	M	E	Z	L	I	I
C	J	A	X	N	Y	B	G	P	N	B	A	C	E	E

EGGS
FISH
MILK
PEANUTS
SESAME
SHELLFISH
SOY
TREENUTS
WHEAT



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ANAPHYLAXIS

It is pronounced anna-fih-LACK-sis.
It is a severe allergic reaction to a food.

**How many words can you make out of the letters in
ANAPHYLAXIS?**

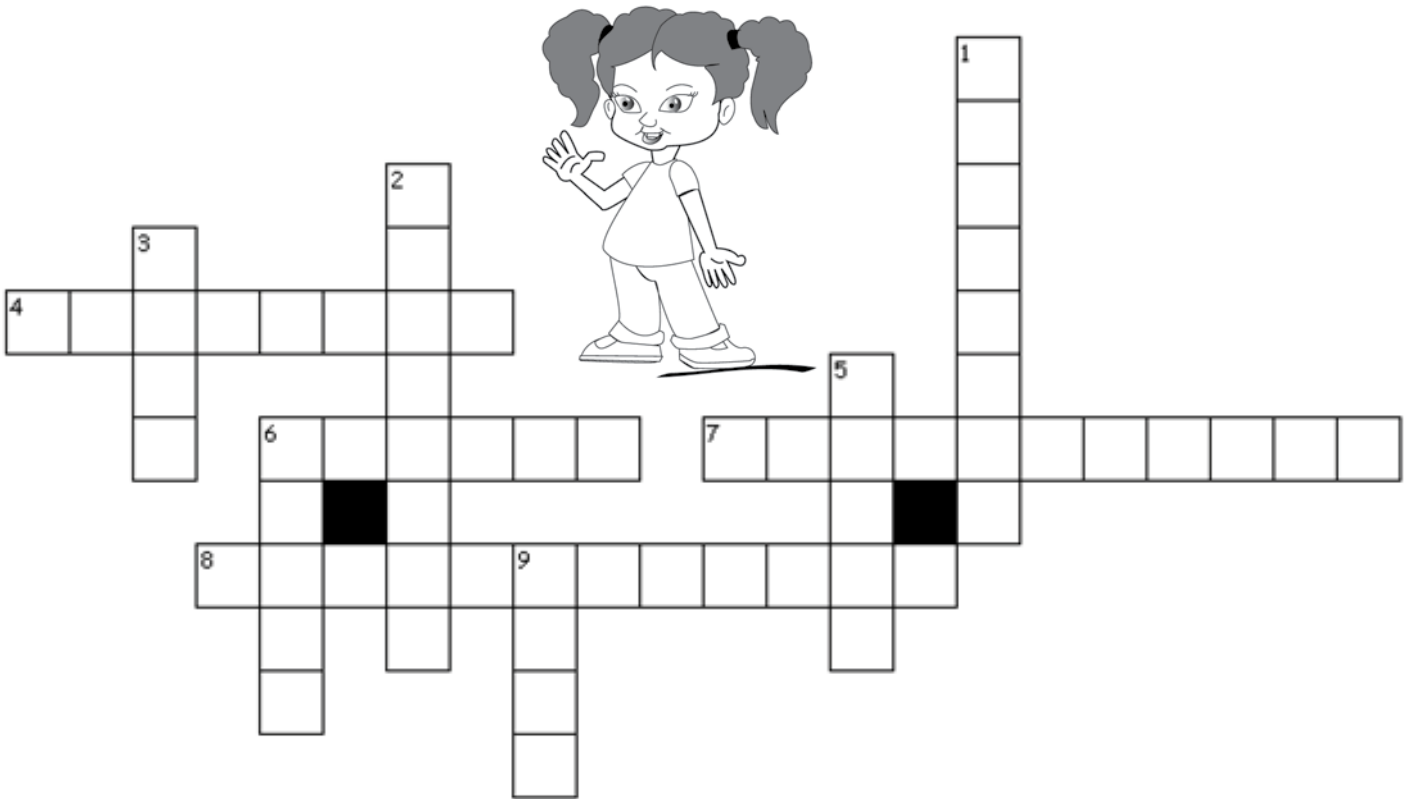


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Ally's Food Allergy Frenzy

Use the clues below to complete the crossword puzzle.



ACROSS

4. Some food allergies are more common in _____ than in adults
6. A common tree nut allergy
7. What you should carry with you at all times
8. Jelly's partner

DOWN

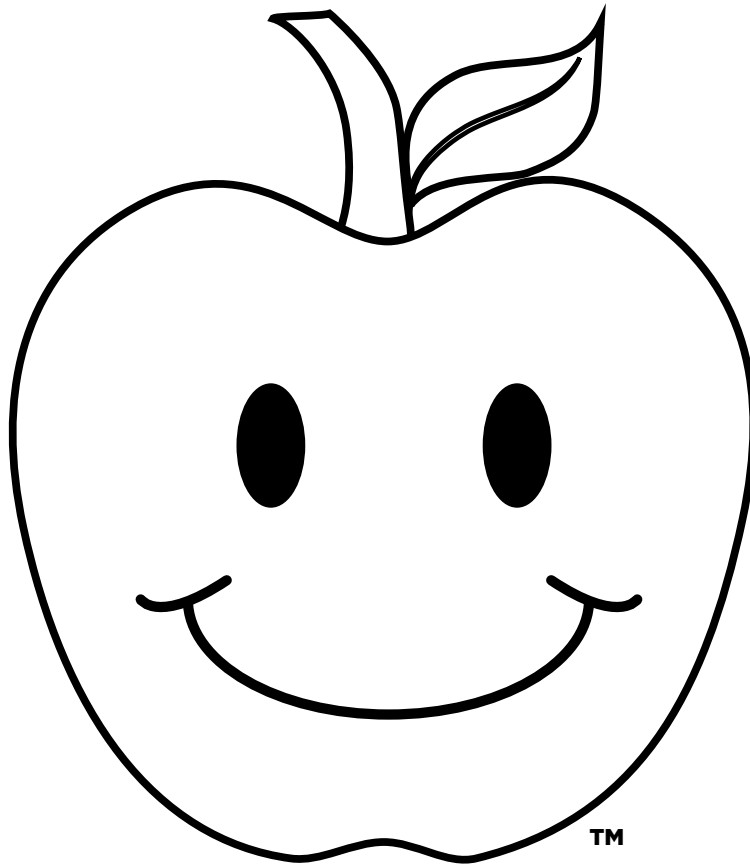
1. Peanuts are an example of an _____
2. Symptom of food allergy
3. What you put in cereal
5. Itchy bumps you may get when you have a reaction
6. Avoid eating crackers if you are allergic to _____
9. A common type of food made from soy



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Food Allergy Awareness Pledge



Teal Classrooms Rock!

Our classroom is a Teal Classroom. Teal is the color of food allergy awareness. Someone in our class has a food allergy and can't eat certain foods. Those foods can make someone with a food allergy very sick.

Our class will have fun celebrations that don't include food. This means my friends with food allergies won't feel left out.

I promise to help make our classroom fun and safe for everyone.

I promise not to tease or bully others about food allergies. I won't make fun of their food because it is different. I will tell an adult if I see someone being a bully.

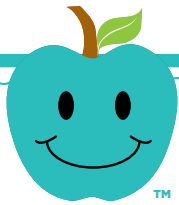
Name

Date



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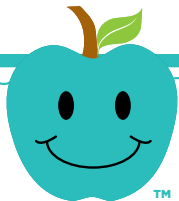
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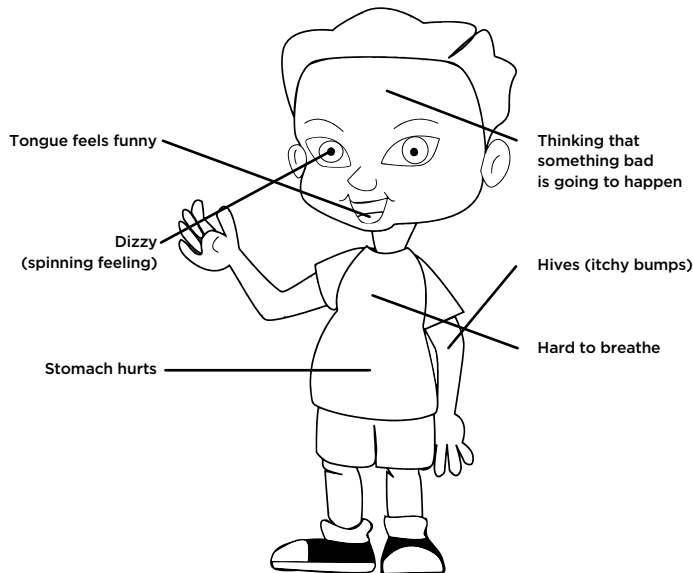
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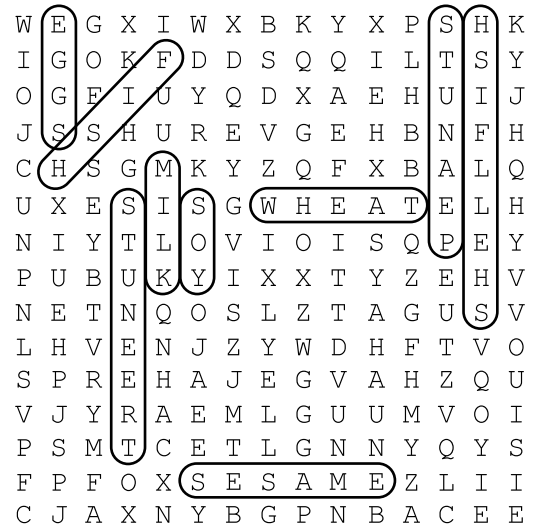
Answer Key

Lesson 1

Andy's Food Allergy Reaction



Scooter's Food Allergy Find



Ally's Food Allergy Frenzy

ACROSS

4. children
6. walnut
7. epinephrine
8. peanut butter

DOWN

1. allergen
2. swelling
3. milk
5. hives
6. wheat
9. tofu

ANAPHYLAXIS Word Challenge

AIL	LIP	PAY	SHIP
AILS	LIPS	PAYS	SHY
ALAS	LISP	PIN	SIN
ALIAS	LYNX	PINS	SIP
ALPHA	NAIL	PIXY	SIX
ALPS	NAILS	PLAIN	SLAIN
ASH	NAP	PLAINS	SLAP
ASH	NAPS	PLAN	SLAY
AXIAL	NASAL	PLANS	SLIP
HAIL	NIP	PLAY	SLY
HAILS	NIPS	PLAYS	SNAIL
HAS	PAIL	PLY	SNAP
HAY	PAILS	SAIL	SNIP
HIP	PAIN	SAP	SPA
HIPS	PAINS	SAX	SPAN
HIS	PAL	SAY	SPIN
INLAY	PALS	SHIN	SPINY
LAP	PAN	SHINY	SPY
LAY	PANSY		



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Answer Key

Lesson 2

Some Foods That Contain the Most Common Allergens (Grades K-2)

EGGS

Cake
Mayonnaise
Pasta
Ranch dip / dressing
Battered and fried foods
Marshmallow fluff
Taffy and chewy candies
Chicken nuggets
Ice cream

FISH

Tuna
Salmon
Mackerel
Fried foods (can be cross contaminated in oil)
Fish sauce

MILK

Cheese
Pizza
Macaroni and cheese
Mashed potatoes
Butter
Ice cream
Chocolates
Bread

PEANUT

Granola bars
Chocolates
Cookies
Bakery items
Ice cream
Fried foods (oil)

SESAME

Hummus
Breads
Cereal
Crackers
Snack mixes
Sauces

SOY

Edemame
Soy sauce
Cookies
Crackers
Fried foods (oil)

TREE NUTS

Cookies
Crackers
Bakery items
Trail mix
Cereal
Ice cream
Pesto
Nutella spread
Chocolates

SHELLFISH

Lobster
Crab
Shrimp
Fried foods (can be cross contaminated in oil)

WHEAT

Bread
Crackers
Chicken nuggets
Cookies
Pasta / noodles
Pie
Ice cream (cookie dough)





POTENTIAL FOOD ALLERGENS

in Preschool and School Activities



The Centers for Disease Control and Prevention’s (CDC) “Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs” says, “Avoid the use of identified allergens in class projects, parties, holidays and celebrations, arts, crafts, science experiments, cooking, snacks, or rewards.”

Below is a list of some unexpected places you may encounter food allergens, along with alternatives and precautions. This is only a general guide and is not inclusive of every potential food allergen. It’s important to verify all ingredients before a child with food allergies engages in an activity that uses food-based materials. Remember, ingredients can and do change!

ACTIVITY/MATERIALS	ALLERGEN(S)	POTENTIALLY SAFE ALTERNATIVES AND APPROPRIATE PRECAUTIONS
Counting/sorting beans, grains, pasta, M&Ms® or other small foods	Potentially all*	<ul style="list-style-type: none">• Read labels to choose food items with safe ingredients• Remember that different-sized packages can have different ingredients
Sensory tables that use grains, pasta, candies or other small foods	Potentially all*	<ul style="list-style-type: none">• Read labels to choose food items with safe ingredients• Use non-food items
Baking projects	Potentially all*	<ul style="list-style-type: none">• Share safe recipes• Request to participate in any baking activities
Projects using empty egg cartons, milk cartons, beverage cartons, yogurt containers, food jars, etc.	Potentially all*	<ul style="list-style-type: none">• Provide safe empty containers
Birthday and holiday celebrations	Potentially all*	<ul style="list-style-type: none">• Provide a non-food celebration (i.e., songs, goodie bags, stickers)• Provide safe cake or cupcakes for the class
Play kitchen	Potentially all*	<ul style="list-style-type: none">• Empty egg cartons, milk cartons, cereal boxes, and baby food jars may contain remnants of food allergens. Use empty containers from “real” products that didn’t use common food allergens or use “fake” food containers made with cardboard or plastic.
Musical instruments – Allergens may be present on mouth-blown musical instruments	Potentially all*	<ul style="list-style-type: none">• Remove mouth-blown musical instruments from classrooms• Provide a designated set of mouth-blown instruments for for each child or for children with food allergies
Handwashing (teachers and children)	Potentially all*	<ul style="list-style-type: none">• Read soap, liquid soap, wipe and lotion labels to determine if allergens are present• Use paper towels to dry hands, since cloth towels may contain food residue
Finger paint	Wheat, Milk, Corn, Oat	<ul style="list-style-type: none">• Read labels to find milk-free finger paints• Read labels to find a safe laundry soap• Laundry starch or soap can be omitted if avoiding corn
Bird feeders	Wheat, Peanut butter, Nuts, Seeds	<ul style="list-style-type: none">• Consider making a hummingbird or butterfly feeder instead using sugar, water and food coloring• Use soy butter, sunflower butter or honey• Use safe seeds or seed mix without wheat seeds or nuts
Planting seeds	Legumes (such as beans, peas or peanuts), Corn, Egg	<ul style="list-style-type: none">• Use any other seeds• Provide safe empty containers to grow seeds
Potting soil	Nuts, Soy	<ul style="list-style-type: none">• Read labels to find safe potting soil

1. Centers for Disease Control and Prevention. Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs. Washington, DC: US Department of Health and Human Services; 2013.

***Potentially all” means that all allergens are possible.*

ACTIVITY/MATERIALS	ALLERGEN(S)	POTENTIALLY SAFE ALTERNATIVES AND APPROPRIATE PRECAUTIONS
Paper-mache	Wheat	<ul style="list-style-type: none"> • Elmer's® Glue solution • Buckwheat flour solution
Play-Doh® (commercial or wheat-based homemade)	Wheat	<ul style="list-style-type: none"> • Kinetic Sand • Homemade rice- or buckwheat-based play dough • Other sensory materials such as goop, slime or oobleck • Homemade play dough or oobleck (see recipe section below) • There are commercial gluten-free play doughs available at discountschoolsupply.com
Craft paste	Wheat	<ul style="list-style-type: none"> • Read labels to choose food items with safe ingredients • Elmer's® Glue sticks
Macaroni art	Wheat, Egg, Legumes (such as beans, peas or peanuts), Corn	<ul style="list-style-type: none"> • Rice macaroni • Quinoa macaroni • Corn macaroni
Tempera paint (homemade and some high-end commercial products)	Egg	<ul style="list-style-type: none"> • Crayola® Kids Paint • Read labels to find egg-free paint since some high-end versions contain egg • Most commercial tempera paints are suitable for children
Crayons	Soy	<ul style="list-style-type: none"> • Read labels to find soy-free crayons • This is only a concern for younger aged children who may still put items in their mouths and eat the crayons
Shaving cream	Milk	<ul style="list-style-type: none"> • Read labels to find dairy-free shaving cream
Making butter	Milk	<ul style="list-style-type: none"> • Use a dairy-free recipe to make a coconut and/or olive oil based alternative
Dustless chalk	Casein (milk)	<ul style="list-style-type: none"> • Use dry erasers or smartboards
Oobleck, goop, slime	Corn	<ul style="list-style-type: none"> • Read labels to choose items with safe ingredients • Create mixture using tapioca starch instead of cornstarch (use less water when using tapioca starch)
Making maracas or shakers	Legumes (such as beans, peas or peanuts)	<ul style="list-style-type: none"> • Fill maracas or shakers with rice, popcorn or sand

RECIPES

ACTIVITY/INGREDIENTS	ALLERGEN(S)/INSTRUCTIONS
Rice Play Dough 1 ¼ cups rice flour ½ cup salt 2 tsp cream of tartar 1 cup water 1 tbsp oil ¼ tsp vanilla extract Food coloring/sparkles (optional)	Rice <ul style="list-style-type: none"> • Mix flour, salt and cream of tartar in a large pot. Add water and oil. • Cook over medium heat until the mixture pulls away from the sides of the pan (about 5 minutes), stirring constantly. • Add vanilla extract (for smell, not taste). Mix thoroughly. Put play dough on a clean surface. When cool enough to handle, knead lightly and store in airtight container. • Add food coloring to the water to make colored play dough. Add sparkles during the hand mixing time for sparkly play dough.
Cornstarch Play Dough 1 cup cornstarch 1 lb baking soda 1 cup water ⅛ tsp oil Food coloring (optional)	Corn <ul style="list-style-type: none"> • In a large pot, combine ingredients. Cook over medium heat until "mealy." Allow to cool on a plate, covered by a damp cloth. Knead well and store in an airtight container.
Sweet Play Dough 3 cups powdered sugar ¼ cup corn syrup ½ cup margarine, melted Splash vanilla Sprinkle salt 5 drops food coloring	Corn <ul style="list-style-type: none"> • Mix all ingredients, except coloring, until mixture is blended and all one color. Then mix in coloring. • You can shape this and eat it, assuming your child is not allergic to any of the ingredients. Do not make this in advance. Make this when you are going to play with it. It will get hard and become inedible.
Oobleck 1 ½ cups cornstarch 1 cup water Food coloring (optional)	Corn <ul style="list-style-type: none"> • Mix the ingredients together. When children play with the mixture, it will be solid when they squeeze it and liquid when they release it.



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 A Division of the Asthma and Allergy
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For more information and other resources, please visit kidswithfoodallergies.org.

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NON-FOOD REWARDS AT SCHOOL

for Children With Food Allergies

Written in collaboration with Gina M. Lee, M.Ed.



The Centers for Disease Control and Prevention's (CDC) "Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs" recommends the "use of non-food incentives for prizes, gifts, and awards." Other well-respected health organizations and institutions recommend this approach as well.

While a shift to non-food incentives may require slight changes to school traditions, there are potential benefits. This practice can help ease anxiety surrounding serving of food at school and the chance of accidental exposure to allergens for children with food allergies. **Below is a list of low-cost or no-cost rewards that can be used instead of food.**

NO-COST REWARDS

- Allow extra time for reading, computer, art, games
- Enjoy class lessons or reading time outside
- Allow child to choose class activity or game
- Give a "no homework" pass or no homework for the class
- Present certificate of achievement
- Give free time at the end of the day
- Have a class sing-along
- Create class coupons with special privileges
- Allow child to choose music to play for the class
- Child or teacher can read a favorite book to the class
- Allow child to wear something fun to school according to a theme: pajama day, hat day, sports day, color day, pattern day (for class or grade)
- Allow child to earn prizes or gift certificates donated by local businesses
- Have a reading party (children bring blankets to sit on and read favorite books)
- Allow child to choose a poem, short story or joke to read to the class
- Create a class story (go around the room and each child contributes a line to the story)
- Allow child to use a camera or tablet to create a class or personal picture collage of school activities

LOW-COST REWARDS

Verify that these items do not contain allergens for any of the students. For example, some of these items are made of latex and should not be offered to a student with a latex allergy.

- Awards or medals
- Books, bookmarks
- Bracelets
- Bubbles
- Class crafts
- Crayons
- Finger puppets
- Glow sticks
- Grab bags
- Necklaces
- Notepads
- Pencils
- Pencil cases, grips, sharpeners, toppers, erasers
- Playing cards
- Ribbons
- Rings
- Rubber balls
- Stickers
- Sticky notes
- Stress balls
- Tote bags
- Trinkets/toys: slinkies, small figurines, spinning tops, yo-yos



"The best reward we can give our children is our time and attention."

-Gina M. Lee, M.Ed.



REWARDS FROM THE HEART

- Give the child extra attention: ask about outside interests, smile or give a pat on the back
- Give verbal praise that is specific
- Allow child to sit by a friend
- Attend an afterschool activity of the child's to show you care
- Allow child to share a special item or talent with the class
- Make child the "Student of the Day," "Super Kid," "Line Leader" or "Star of the Day"
- Allow child to sit in a special seat
- Allow child to write or draw on the board
- Allow child to do class (or school) morning announcements
- Recognize child/class achievements during morning announcements, in a school newsletter, on a school (or class) bulletin board or on the school website
- Allow child to help out with a lesson or be a teacher's helper (hand out papers, put away supplies, etc.)
- Give child an important responsibility
- Have each classmate write a compliment about the child, create a compliment book for the child to bring home (index cards on a ring work well)
- Allow child to read or help out in another class or a younger class
- Choose an incentive based on interest (e.g., allow a child that likes to draw to create a class or school sign/poster)
- Write a positive note directly to the child or send a positive note home to child's parents
- Allow child to eat lunch with a favorite teacher, principal or other staff member
- Allow child to invite a special guest to the classroom (as a guest reader or to play a game with the class)
- Donate the child's favorite game or book to the class
- Have classmates sign a T-shirt, Frisbee or ball for the child

ACTIVE REWARDS

- Allow child to pick a song for a class "dance break"
- Allow class to perform a skit
- Allow child to make deliveries to office or other rooms
- Pick a class game to play outside: kickball, whiffle ball, capture the flag, basketball
- Play inside class games: 7-up, charades
- Allow time for fun outside activities: Frisbee, hula-hoop, jump rope
- Create an obstacle course
- Allow child to lead Simon Says
- Have a class scavenger hunt based on a curriculum topic
- Create a walking club during recess
- Allow child to play a game during recess with a staff member
- Allow extra recess
- Host a day of educational activities, games and experiments
- Play curriculum hopscotch (Instead of throwing a rock before you jump, the child must correctly answer a math fact or other fact from a lesson before moving)

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Food Allergy Resources

School Related Resources

kidswithfoodallergies.org/school

Free resources for parents, schools, teachers, and staff to use to prepare for the school year to keep students with food allergies safe

Asthma and Allergy Foundation of America

aafa.org/school

Free resources for families managing asthma and allergies

What Is a Food Allergy? (includes printable PDF)

kidswithfoodallergies.org/page/what-is-a-food-allergy.aspx

Learn food allergy basics, such as what a food allergy is, and the different types of food allergies.

Anaphylaxis: Severe Allergic Reactions (includes printable PDF)

kidswithfoodallergies.org/page/what-is-anaphylaxis.aspx

Learn about anaphylaxis, how to recognize it, and what steps to take if a student has a reaction.

Allergen Avoidance Lists (includes printable PDFs)

kidswithfoodallergies.org/page/top-food-allergens.aspx

Learn more about the most common foods that cause allergic reactions.

What's the Big Deal About Food Allergies? (includes printable PDF)

kidswithfoodallergies.org/page/whats-the-big-deal-about-food-allergies.aspx

Print and give out this handout with answers to common questions about food allergies for people who do not live with food allergies.

Tips for Managing Food Allergies at School: Get Active With Food-Free Activities

(includes printable PDF)

community.kidswithfoodallergies.org/blog/tips-for-managing-food-allergies-at-school-get-active-with-food-free-activities

Use this list of non-food rewards in the classroom to keep children with food allergies safe.

Ally & Andy Asthma and Allergies Activity Book (printable PDF)

aafa.org/store

This coloring and activity book gives children a basic understanding of asthma and food allergies. It has word finds, crossword puzzles, word scrambles, mazes, and other activities. It also has a story to read and color and a list of websites on asthma and allergies for parents and kids. You can order a FREE PDF download or a print copy of the book for \$5.

Kindergarten Teacher Turns Food Allergies Into a Teachable Moment (includes printable PDF)

community.kidswithfoodallergies.org/blog/kindergarten-teacher-turns-food-allergies-in-to-a-teachable-moment

Read how one teacher taught her students about food allergies using a simple activity. Download copies of the activity to use in your classroom.

Food Allergy Resources

CDC Tool Kit for Managing Food Allergies in Schools (includes printable PDFs)

cdc.gov/healthyschools/foodallergies/index.htm

This toolkit from the CDC give schools information to help them put plans into place to prevent and manage allergic reactions.

AllergyHome.org School Training Modules

allergyhome.org/schools

AllergyHome.org offers online staff training to assist school nurses or their designees in school-wide food allergy education. Interactive online video modules and written materials are available.

National Educational Association

nea.org

The National Education Association website includes bullying prevention information for various roles within schools, including bus drivers, administration, custodians, food services, and more.

Food Allergy Management Education Toolkit for Schools

stlouischildrens.org/FAME

St. Louis Children's hospital, in collaboration with allergy experts from around the nation, created a free manual for schools to help schools create and adopt food allergy policies consistent with the CDC voluntary guidelines for managing food allergies in schools.

No Appetite for Bullying

noappetiteforbullying.com

No Appetite for Bullying is a campaign to raise awareness about food allergy bullying among teens 13 and older. Its goal is to encourage food allergy acceptance.



Kids With Food Allergies **CARES**

Kids With Food Allergies (KFA) is a division of the Asthma and Allergy Foundation of America (AAFA), the nation's oldest and leading asthma and allergy charity. Since 5 million children have food allergies, families need KFA services more than ever. We are a vital lifeline to families raising children with food allergies.

Community outreach and support drive our most important programs:

Advocacy tools make it easier for you to take action on issues important to you. KFA advocates for better food labeling, improved school policies, affordable medicine and health care, funding for research and public accommodations.

Research on food allergies will help improve the quality of life for families and find ways to prevent the development of food allergies or treat them. KFA believes patients and their families are central to this research. We were the first organization to champion patient-centered research to accelerate better treatment and management of food allergies.

Education saves lives. KFA offers you the tools you need to learn how to reduce risk of allergic reactions and what to do if a reaction happens. We also offer thousands of allergy-friendly recipes and tips on how to cook and bake allergy safe foods.

Support is available 7 days a week. Parents of children with food allergies can receive personalized help on our private support forums. We also offer extensive outreach through our social media channels and our network of local chapters and support groups.

Visit kidswithfoodallergies.org/school for school-related resources.



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