

# Teal Classroom™ Kit



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. One in 13 children has a food allergy. That means a typical classroom has two children with food allergies.

Although a person can be allergic to any food, eight foods cause the most food allergy reactions: milk, egg, peanut, tree nut, wheat, soy, fish and shellfish. Food allergies can cause a life-threatening allergic reaction called anaphylaxis (anna-fih-LACK-sis).<sup>1</sup>

Symptoms can include:



**Skin rash, itching, hives**



**Swelling of the lips, tongue or throat**



**Shortness of breath, trouble breathing, wheezing**



**Stomach pain, vomiting, diarrhea**



**Feeling like something awful is about to happen**

Anaphylaxis must be treated right away to provide the best chance for improvement and prevent serious, potentially life-threatening complications. Epinephrine is the medicine used to treat anaphylaxis. Epinephrine is usually in the form of an auto-injector. You may know epinephrine auto-injectors 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.<sup>2</sup>

## WHAT IS A TEAL CLASSROOM™?

Teal is the color of food allergy awareness. Forty-five percent of severe allergic reactions in schools begin in the classroom.<sup>3</sup> 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 through non-food celebrations and 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."<sup>4</sup> The Yale Rudd Center for Food Policy and Obesity also recommends non-food rewards.<sup>5</sup> Other well-respected health organizations, including the Asthma and Allergy Foundation of America, recommend this as well.

While a shift to a non-food classroom may mean slight changes to school traditions, there are benefits. This practice can help ease anxiety about 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. Removing food from celebrations can help other children understand that teasing or bullying classmates with food allergies can have serious consequences for everyone involved.

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

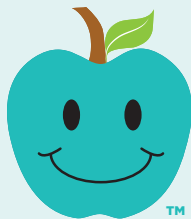
- Teasing the child about foods they can't eat
- Teasing the child for having food allergies
- Teasing the child because their food is "different"
- Hiding the food allergen in safe foods
- Trying to make the child eat something they know contains the food allergen
- Smearing food on the child's skin, 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 AND HAVE A TEAL CLASSROOM

- Print out and hang our *Teal Apple* poster on your classroom door.
- Avoid using food in lesson plans. Review the included *Potential Food Allergens in Preschool and School Activities Guide* to learn where allergens might hide in your craft or art supplies.
- Use non-food rewards. See our included *Non-Food Rewards for Children with Food Allergies* guide 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 **#KeepItTeal** to make sure everyone stays safe. Print out *Teal Classrooms Rock* stickers to give as rewards and reminders.
- Print *Teal Classrooms Rock* stickers to put on treat bags that contain non-food treats. Share our list of non-food treat ideas with parents.
- Review the Individualized 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.



### #KeepItTeal

A teal apple means that non-food treats are available that make the classroom 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. Even tiny amounts of an allergen can cause a reaction. Some children will explain that their food allergens "make them sick."

#### How common are food allergies?

Anyone can have a food allergy, but children have more food allergies than adults do. One in 13 children has a food allergy. That means 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 eight foods that cause the most allergic reactions:



Eggs



Wheat



Milk



Tree nuts (e.g., almonds, walnut, pecans, cashews, pistachios)



Peanuts



Fish



Soy



Shellfish

#### 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 a medicine called epinephrine.

Some symptoms of an allergic reaction include:

- Skin rashes, itching and hives – hives are red itchy bumps
- Swelling of the lips, tongue or throat – this can be a tingly or strange feeling in the mouth or feeling a “lump” in the throat
- Shortness of breath, trouble breathing or wheezing- which is whistling sound during breathing
- Dizziness and/or fainting
- Stomach pain, vomiting and diarrhea
- Feeling like something awful is about to happen

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

### Teaching Tools for Lesson 1:

#### Grades K-2

- Andy's Food Allergy Reaction symptoms matching game
- Scooter's Food Allergy Find word search

#### Grades 3-5

- Anaphylaxis word challenge
- Ally's Food Allergy Frenzy crossword



## LESSON 2 - HOW TO KEEP YOUR FRIEND WITH FOOD ALLERGIES SAFE

The only way to avoid an allergic reaction is to stay away from the food to which you are allergic. Even tiny amounts of an allergen can cause an allergic reaction.

For example:

*If I eat a peanut butter sandwich and then touch my friend's food or hands, it could cause a problem. Tiny amounts of peanut can get into their mouth and cause an allergic reaction.*

Note for teachers/staff: This type of “cross-contact” with food allergens can happen when you prepare foods as well.

But 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.
- Kids should let an adult know about a spill or mess so it can be cleaned up properly.

### Don't share foods

- Encourage students not to share food. Many foods look alike especially if they are not in their original packaging.
- Food ingredients need to be labeled, but sometimes reading the label is complicated. The top 8 allergens must be labeled in plain English on food regulated by the FDA. **However, advisory warnings (such as potential cross-contact during processing) are not required.** 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 is “different.” Don't make fun of their food. Everyone likes different things and their food is just as yummy even if it is different.



PROUDLY BROUGHT TO YOU BY  
**KIDS WITH  
FOOD ALLERGIES**  
A Division of the Asthma and Allergy  
Foundation of America

For more detailed information and a list of resources,  
please visit [kidswithfoodallergies.org/school](http://kidswithfoodallergies.org/school).

Copyright © 2018, Kids With Food Allergies, a division of the Asthma and Allergy  
Foundation of America (AAFA), all rights reserved.



Rev. June 2019

## Get help

- Encourage children to call for help if they think their friend is having a reaction. It's important to let an adult know. Some children will try to hide the symptoms of a reaction. If they want to go to the lavatory, 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

- Teal Classroom Pledge / Teal Apple coloring page
- Ask students if they can think of things that contain the 8 food allergens –  
*see answer key for ideas*

### Grades 3-5

- Teal Classroom Pledge
- Label reading hunt – find foods that contain the top 8 allergens  
*Learn about label reading – [kidswithfoodallergies.org/page/choosing-safe-foods.aspx](http://kidswithfoodallergies.org/page/choosing-safe-foods.aspx)*

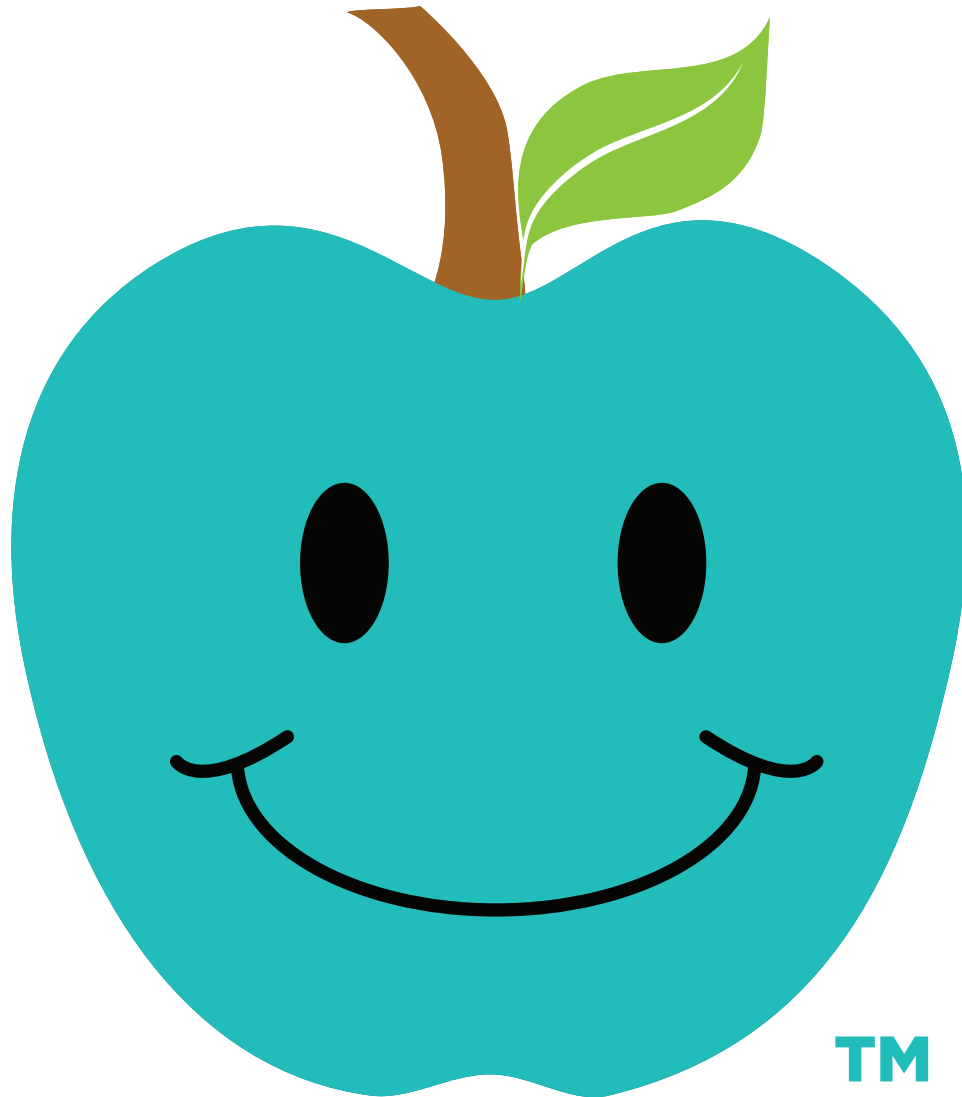


## REFERENCES

1. U.S. Food and Drug Administration. Food Allergies: What You Need to Know. <https://www.fda.gov/Food/IngredientsPackagingLabeling/FoodAllergens/ucm079311.htm>. (Retrieved September 19 2017)
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. Data Health Brief: Epinephrine Administration in Schools. Massachusetts Department of Public Health Bureau of Community Health Access and Promotion. School Health Unit. 2009-2010.
4. 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.
5. Yale Rudd Center for Food Policy and Obesity. Retrieved online October 5, 2014 from [www.yaleruddcenter.org](http://www.yaleruddcenter.org).



# This Is a **Teal** Classroom™



Teal is the color of food allergy awareness.  
Our *Teal Classroom* means we keep people  
with food allergies safe and included.  
We encourage non-food celebrations and rewards.



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

[kidswithfoodallergies.org](http://kidswithfoodallergies.org)

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



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

# Andy's Food Allergy Reaction

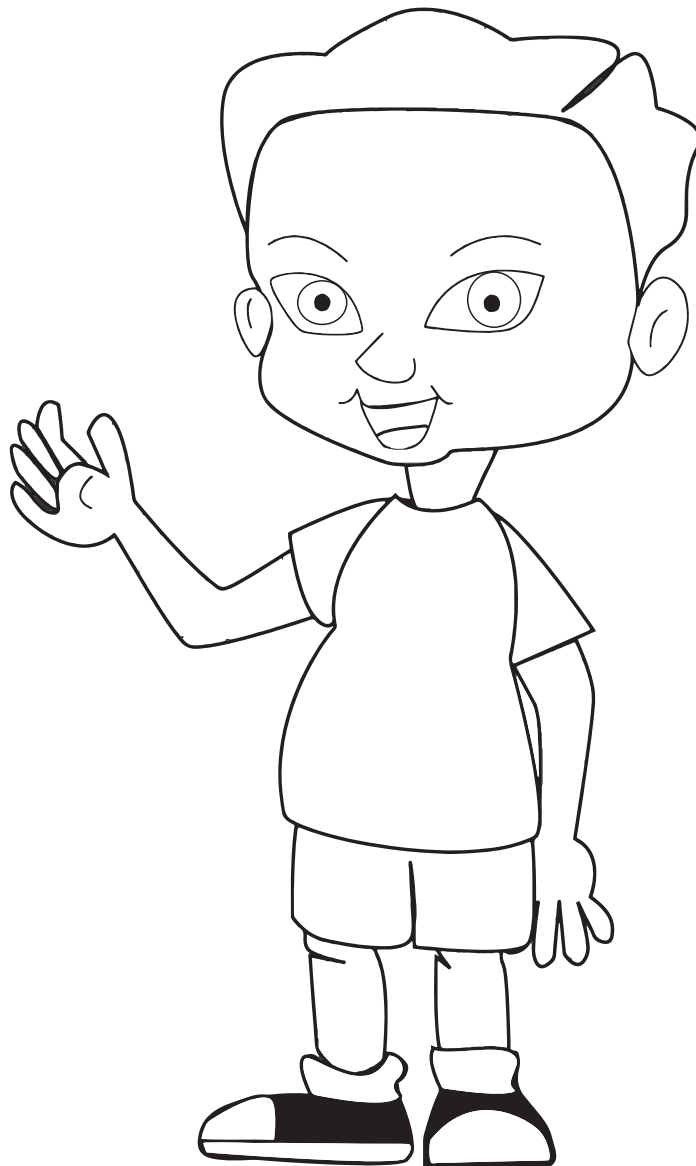
What happens when you have a food allergy reaction?

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



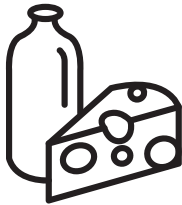
**KIDS WITH  
FOOD ALLERGIES**  
A Division of the Asthma and Allergy  
Foundation of America

[kidswithfoodallergies.org](http://kidswithfoodallergies.org)

# Scooter's Food Allergy Find

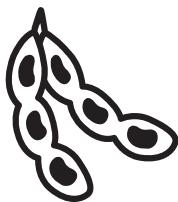
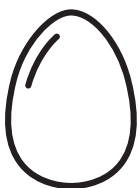


Find the foods listed that people are allergic to, also called allergens.



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 B K L C W V Z L I I  
 C J A X N Y B G P N B A C E E

- EGGS
- FISH
- MILK
- PEANUTS
- SHELLFISH
- SOY
- TREENUTS
- WHEAT



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

[kidswithfoodallergies.org](http://kidswithfoodallergies.org)

# ANAPHYLAXIS

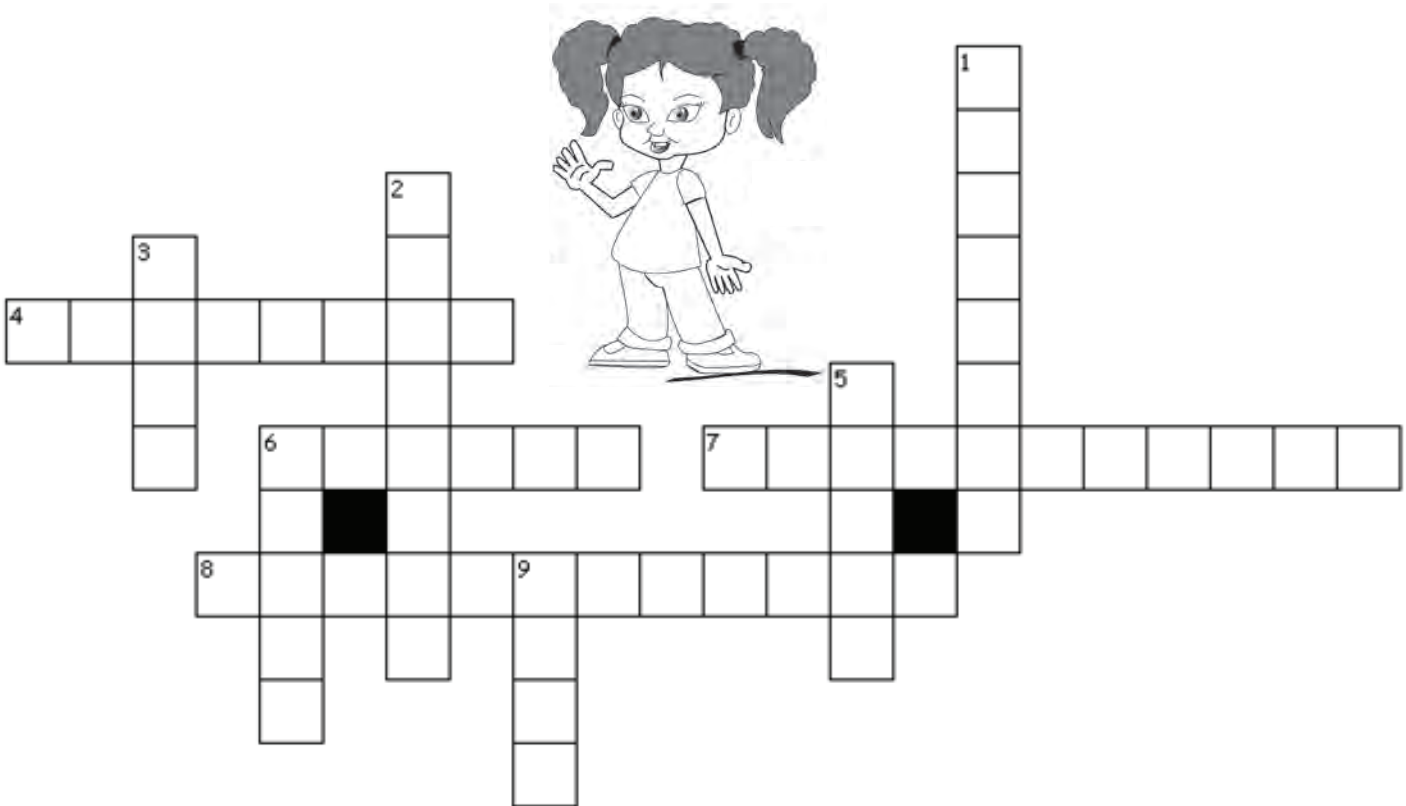
It is pronounced anna-fih-LACK-sis.  
It is a severe allergic reaction to a food.

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



# Ally's Food Allergy Frenzy

Use the clues below to complete the crossword puzzle.



## ACROSS

4. The largest age group of people with food allergies
6. A common tree nut allergy
7. What you should carry with you at all times
8. Jelly's partner

## DOWN

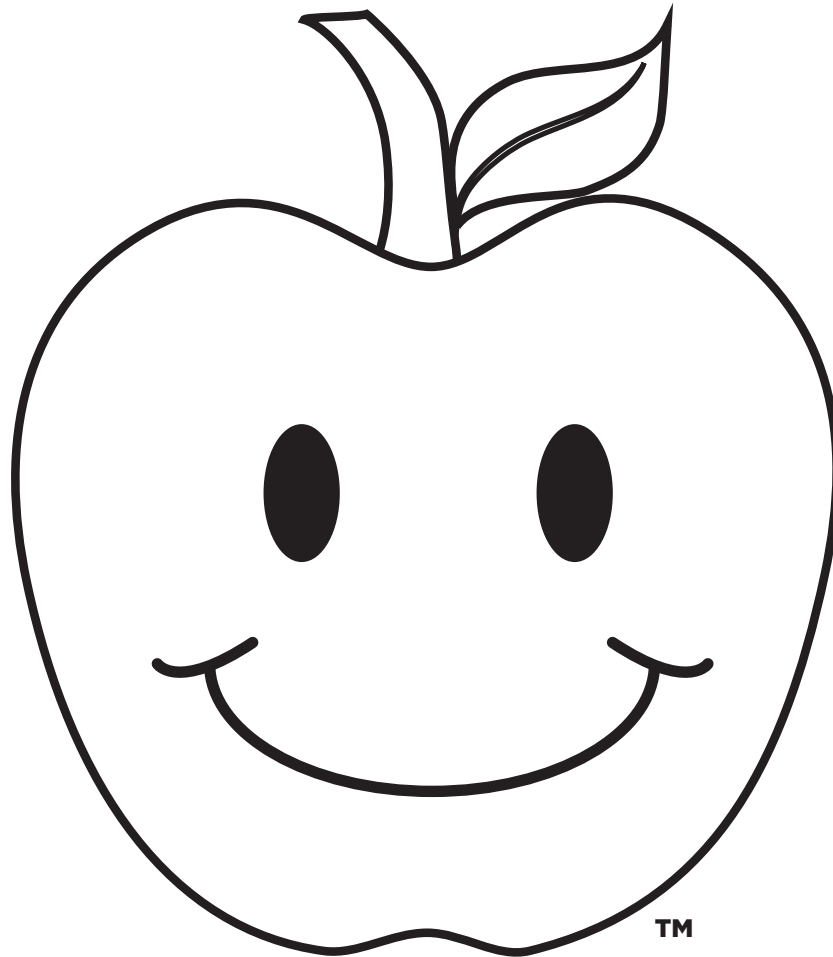
1. Peanuts are an example of an \_\_\_\_\_
2. Symptom of food allergy
3. What you put in cereal
5. Itchy bumps you may get when you have a reaction
6. Avoid eating crackers if you are allergic to \_\_\_\_\_
9. A common type of food made from soy



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

[kidswithfoodallergies.org](http://kidswithfoodallergies.org)

# Teal Classrooms Rock



## Teal Classroom™ Pledge

Our classroom is a Teal Classroom. Teal is the color of food allergy awareness. Someone with a food allergy 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 \_\_\_\_\_



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

[kidswithfoodallergies.org](http://kidswithfoodallergies.org)



# Teal Classroom™ Pledge

Our classroom is a Teal Classroom. Teal is the color of food allergy awareness. Someone with a food allergy 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



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

[kidswithfoodallergies.org](http://kidswithfoodallergies.org)



# Teal Classroom™ Pledge

Our classroom is a Teal Classroom. Teal is the color of food allergy awareness. Someone with a food allergy 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



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

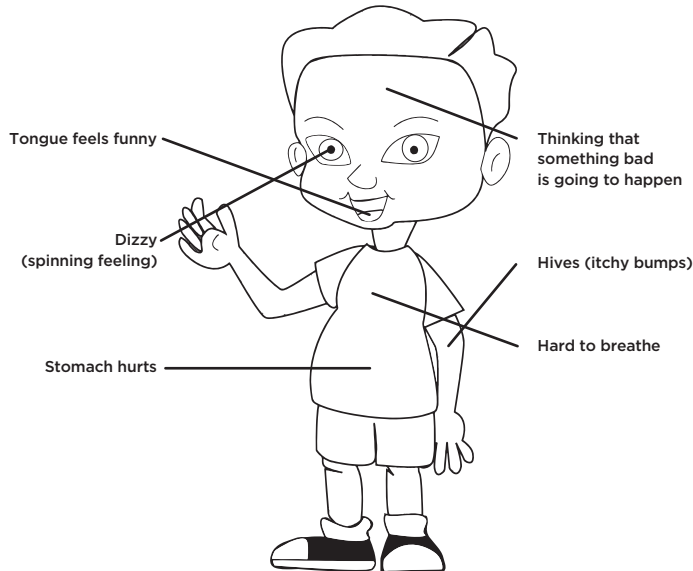
[kidswithfoodallergies.org](http://kidswithfoodallergies.org)



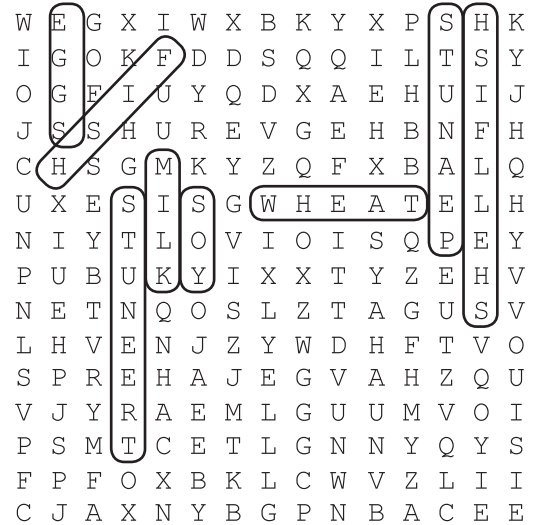
# Answer Key

## 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 |        |       |



# Answer Key

## Lesson 2

### Some Foods That Contain the Top-8 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

#### **MILK**

Cheese  
Pizza  
Macaroni & Cheese  
Mashed Potatoes  
Butter  
Ice Cream  
Chocolates  
Bread

#### **PEANUT**

Granola Bars  
Chinese Food  
Chocolates  
Cookies  
Bakery Items  
Ice Cream  
Fried Foods (oil)

#### **SOY**

Edemame  
Chinese Food (soy sauce)  
Cookies  
Crackers  
Fried Foods (oil)

#### **TREE NUTS**

Cookies  
Crackers  
Bakery Items  
Trail Mix  
Cereal  
Ice Cream  
Pesto  
Nutella Spread  
Chocolates

#### **FISH**

Thai and Vietnamese  
Foods (fish sauce)  
Fried Foods (can be cross  
contaminated in oil)

#### **SHELLFISH**

Asian Foods  
Fried Foods (can be cross  
contaminated in oil)

#### **WHEAT**

Bread  
Crackers  
Chicken Nuggets  
Cookies  
Pie  
Ice Cream (Cookie Dough)





# NON-FOOD REWARDS AT SCHOOL

for Children with Food Allergies

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



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.” This practice is also recommended by the Yale Rudd Center for Food Policy and Obesity. 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, Chinese 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)

### References:

- Alliance for a Healthier Generation. Non-Food Rewards. Retrieved online October 5, 2014 from [www.healthiergeneration.org/\\_asset/tljc7f/12-5933\\_NonFoodRewards.pdf](http://www.healthiergeneration.org/_asset/tljc7f/12-5933_NonFoodRewards.pdf)
- Centers for Disease Control and Prevention. 2014. Adolescent and School Health: Childhood Obesity Facts. Retrieved online October 5, 2014 from [www.cdc.gov/healthyyouth/obesity/facts.htm](http://www.cdc.gov/healthyyouth/obesity/facts.htm).
- Centers for Disease Control and Prevention. 2014. Adolescent and School Health: Physical Activity Facts. Retrieved online October 5, 2014 from [www.cdc.gov/healthyyouth/physicalactivity/facts.htm](http://www.cdc.gov/healthyyouth/physicalactivity/facts.htm)
- [www.cspinet.org/schoolfood/](http://www.cspinet.org/schoolfood/)
- Centers for Disease Control and Prevention. 2013. Voluntary Guidelines for Managing Food Allergies In Schools and Early Care and Education Programs. Retrieved online October 5, 2014 from [www.cdc.gov/healthyyouth/foodallergies/pdf/13\\_243135\\_A\\_Food\\_Allergy\\_Web\\_508.pdf](http://www.cdc.gov/healthyyouth/foodallergies/pdf/13_243135_A_Food_Allergy_Web_508.pdf)
- Yale Rudd Center for Food Policy and Obesity. Retrieved online October 5, 2014 from [www.yalerruddcenter.org](http://www.yalerruddcenter.org)



# POTENTIAL FOOD ALLERGENS

## in Preschool and School Activities



**According to the American Academy of Allergy, Asthma and Immunology, “Food used in lesson plans for math or science, crafts, and cooking classes may need to be substituted depending on the allergies of the students.”**

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 yourself by contacting the manufacturer every time your child engages in an activity that poses an allergen risk. 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"> <li>• Read labels to choose food items with safe ingredients</li> <li>• Remember that different-sized packages can have different ingredients or cross-contact issues</li> </ul>
Sensory tables that use grains, pasta, candies or other small foods	Potentially all*	<ul style="list-style-type: none"> <li>• Read labels to choose food items with safe ingredients</li> <li>• Use non-food items</li> </ul>
Baking projects	Potentially all*	<ul style="list-style-type: none"> <li>• Share safe recipes</li> <li>• Request to participate in any baking activities</li> </ul>
Projects using empty egg cartons, milk cartons, beverage cartons, yogurt containers, food jars, etc.	Potentially all*	<ul style="list-style-type: none"> <li>• Provide safe empty containers for the class</li> <li>• Purchase new egg cartons at <a href="http://eggcartons.com">eggcartons.com</a></li> </ul>
Birthday and holiday celebrations	Potentially all*	<ul style="list-style-type: none"> <li>• Provide a non-food celebration (i.e., songs, goodie bags, stickers)</li> <li>• Provide safe cake or cupcakes for the class</li> </ul>
Play kitchen	Potentially all*	<ul style="list-style-type: none"> <li>• Provide safe “real” containers to replace allergenic ones, since empty “real” egg cartons, milk cartons, cereal boxes, baby food jars, etc. may contain allergens</li> </ul>
Musical instruments – Allergens may be present on mouth-blown musical instruments	Potentially all*	<ul style="list-style-type: none"> <li>• Remove mouth-blown musical instruments from classrooms</li> <li>• Provide a designated set of mouth-blown instruments for your child’s use only</li> </ul>
Handwashing (teachers and children)	Potentially all*	<ul style="list-style-type: none"> <li>• Read soap, liquid soap, wipe and lotion labels to determine if allergens are present</li> <li>• Use paper towels to dry hands, since cloth towels may contain food residue</li> </ul>
Finger paint	Wheat, Milk, Corn, Oat	<ul style="list-style-type: none"> <li>• Read labels to find milk-free finger paints</li> <li>• Read labels to find a safe laundry soap</li> <li>• Laundry starch or soap can be omitted if avoiding corn</li> </ul>
Bird feeders	Wheat, Peanut butter, Nuts, Seeds	<ul style="list-style-type: none"> <li>• Consider making a hummingbird or butterfly feeder instead using sugar, water and food coloring</li> <li>• Use soy butter, sunflower butter or honey</li> <li>• Use regular Crisco® (contains soy oil and palm oil) or other safe hard shortening</li> <li>• Use safe seeds or seed mix without wheat seeds or nut oils</li> </ul>
Planting seeds	Legumes (such as beans, peas or peanuts), Corn, Egg	<ul style="list-style-type: none"> <li>• Read labels to find potting soil free of nut shells and soy</li> <li>• Use any other seeds</li> <li>• Provide safe empty containers to grow seeds</li> <li>• Purchase new egg cartons at <a href="http://eggcartons.com">eggcartons.com</a></li> </ul>
Potting soil	Nuts, Soy	<ul style="list-style-type: none"> <li>• Read labels to find safe potting soil</li> </ul>

*\*\*Potentially all” means that all allergens are possible. For example, an empty egg carton may not just pose an egg risk. If the empty carton was used to store nuts, it could pose a nut risk. It would be safest to take extra precautions to avoid food allergens, such as buying new, unused egg cartons.*

ACTIVITY/MATERIALS	ALLERGEN(S)	POTENTIALLY SAFE ALTERNATIVES AND APPROPRIATE PRECAUTIONS
Paper-mache	Wheat	<ul style="list-style-type: none"> <li>• Elmer's® Glue solution</li> <li>• Buckwheat flour solution</li> </ul>
Play-Doh® (commercial or wheat-based homemade)	Wheat	<ul style="list-style-type: none"> <li>• Moon Sand® or Moon Dough®</li> <li>• Homemade rice- or buckwheat-based play dough</li> <li>• Other sensory materials such as goop, slime or ooblick</li> <li>• Homemade play dough or ooblick (see recipe section below)</li> <li>• There are commercial gluten-free play doughs available at <a href="http://discountschoolsupply.com">discountschoolsupply.com</a></li> </ul>
Craft paste	Wheat	<ul style="list-style-type: none"> <li>• Read labels to choose food items with safe ingredients</li> <li>• Elmer's® Glue sticks</li> </ul>
Macaroni art	Wheat, Egg, Legumes (such as beans, peas or peanuts), Corn	<ul style="list-style-type: none"> <li>• Rice macaroni</li> <li>• Quinoa macaroni</li> <li>• Corn macaroni</li> </ul>
Tempera paint (homemade and some high-end commercial products)	Egg	<ul style="list-style-type: none"> <li>• Crayola® Kids Paint</li> <li>• Read labels to find egg-free paint since some high-end versions contain egg</li> <li>• Most commercial paints are suitable for children</li> </ul>
Crayons	Soy	<ul style="list-style-type: none"> <li>• Read labels to find soy-free crayons</li> </ul>
Crayola® Wonder	Soy	<ul style="list-style-type: none"> <li>• Read labels to find a non-soy-based ink</li> </ul>
Shaving cream	Milk	<ul style="list-style-type: none"> <li>• Read labels to find dairy-free shaving cream</li> </ul>
Making butter	Milk	<ul style="list-style-type: none"> <li>• None</li> </ul>
Dustless chalk	Casein (milk)	<ul style="list-style-type: none"> <li>• Use dry erasers or smartboards</li> </ul>
Ooblick, oobleck, goop, slime	Corn	<ul style="list-style-type: none"> <li>• Read labels to choose items with safe ingredients</li> <li>• Create mixture using tapioca starch instead of cornstarch</li> </ul>
Making maracas or shakers	Legumes (such as beans, peas or peanuts)	<ul style="list-style-type: none"> <li>• Fill maracas or shakers with rice, popcorn or sand</li> </ul>

RECIPES	ACTIVITY/INGREDIENTS	ALLERGEN(S)/INSTRUCTIONS
	<b>Rice Play Dough</b> 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)	<b>Rice</b> <ul style="list-style-type: none"> <li>• Mix flour, salt and cream of tartar in a large pot. Add water and oil.</li> <li>• Cook over medium heat until the mixture pulls away from the sides of the pan (about 5 minutes), stirring constantly.</li> <li>• 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.</li> <li>• Add food coloring to the water to make colored play dough. Add sparkles during the hand mixing time for sparkly play dough.</li> </ul>
	<b>Cornstarch Play Dough</b> 1 cup cornstarch 1 lb baking soda 1 cup water ⅛ tsp oil Food coloring (optional)	<b>Corn</b> <ul style="list-style-type: none"> <li>• 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.</li> </ul>
	<b>Sweet Play Dough</b> 3 cups powdered sugar ¼ cup corn syrup ½ cup margarine, melted Splash vanilla Sprinkle salt 5 drops food coloring	<b>Corn</b> <ul style="list-style-type: none"> <li>• Mix all ingredients, except coloring, until mixture is blended and all one color. Then mix in coloring.</li> <li>• 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.</li> </ul>
	<b>Ooblick</b> 1 ½ cups cornstarch 1 cup water Food coloring (optional)	<b>Corn</b> <ul style="list-style-type: none"> <li>• Mix the ingredients together. When children play with the mixture, it will be solid when they squeeze it and liquid when they release it.</li> </ul>

# Food Allergy Resources

## School Related Resources

[kidswithfoodallergies.org/school](http://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](http://aafa.org)

Free resources for families managing asthma and allergies.

## What Is a Food Allergy?

[kidswithfoodallergies.org/page/what-is-a-food-allergy.aspx](http://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

[kidswithfoodallergies.org/page/what-is-anaphylaxis.aspx](http://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

[kidswithfoodallergies.org/page/top-food-allergens.aspx](http://kidswithfoodallergies.org/page/top-food-allergens.aspx)

Learn more about the eight 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](http://kidswithfoodallergies.org/page/whats-the-big-deal-about-food-allergies.aspx)

New handout that you can print and distribute to answer 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](http://community.kidswithfoodallergies.org/blog/tips-for-managing-food-allergies-at-school-get-active-with-food-free-activities)

Use this list to encourage your child's teachers to use non-food rewards in their classrooms to keep children with food allergies safe.

## Ally & Andy Asthma and Allergies Activity Book

[aafa.org/store](http://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-into-a-teachable-moment](http://community.kidswithfoodallergies.org/blog/kindergarten-teacher-turns-food-allergies-into-a-teachable-moment)

Read how one teacher taught her students about food allergies using a simple activity. Download copies of the activity to share with your child's teacher.



PROUDLY BROUGHT TO YOU BY  
**KIDS WITH  
FOOD ALLERGIES**  
A Division of the Asthma and Allergy  
Foundation of America

For more detailed information and a list of resources,  
please visit [kidswithfoodallergies.org/school](http://kidswithfoodallergies.org/school).

Copyright © 2018, Kids With Food Allergies, a division of the Asthma and Allergy  
Foundation of America (AAFA), all rights reserved.

Rev. June 2019



# Food Allergy Resources

## AllergyHome.org School Training Modules

[allergyhome.org/schools](http://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.

## Bullyfree: It Starts With Me Tool Kit

[nea.org/home/63946.htm](http://nea.org/home/63946.htm)

This site from the National Education Association 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](http://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.

## Tool Kit for Managing Food Allergies in Schools

[cdc.gov/healthyschools/foodallergies/index.htm](http://cdc.gov/healthyschools/foodallergies/index.htm)

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

## No Appetite for Bullying

[noappetiteforbullying.com](http://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. With one in 13 children now having a food allergy, 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 launched the first patient-centered food allergy registry to accelerate research important to families affected by 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](http://kidswithfoodallergies.org/school) for school related resources.



PROUDLY BROUGHT TO YOU BY

**KIDS WITH  
FOOD ALLERGIES**

A Division of the Asthma and Allergy  
Foundation of America

MADE POSSIBLE  
THROUGH A GRANT BY



For more detailed information and a list of resources, please visit [kidswithfoodallergies.org/school](http://kidswithfoodallergies.org/school).

Copyright © 2018, Kids With Food Allergies, a division of the Asthma and Allergy Foundation of America (AAFA), all rights reserved.

Rev. June 2019

