

Teacher's Checklist for Managing Food Allergies

- ✓ Be familiar with your school's emergency procedures. Know how to recognize the symptoms of an allergic reaction and what to do if a reaction occurs.
- ✓ Be sure to notify substitute teachers and aides about students' food allergies.
- ✓ Avoid using food in your lesson plans, such as math lessons and art projects.
- ✓ Don't use food as an incentive or reward.
- ✓ Minimize the use of food in class parties or celebrations.
- ✓ Develop a plan for communicating with parents about issues that might affect their child's food allergies.
- ✓ Consider food allergies when planning for field trips, and be sure to include the school nurse and parents early in the planning process.
- ✓ Check the ingredient labels on pet food, if your classroom has a pet.