Reminder for Classroom Celebrations

Holidays like Valentine's Day can create heightened risk for exposure to food allergens, especially for children participating in classroom celebrations. Please see below the 5 simple tips that FARE (Food Allergy Research & Education) has come up with to help children stay safe and learn how to be good friends to classmates with food allergies during this fun holiday.

1. Prepare ahead of time. Talk to your child's teacher and classmates about the importance of having a celebration that ensures the safety and inclusion of all students, including those with food allergies.
2. Practice with your child to come up with phrases they are comfortable using to politely decline unsafe treats.
3. If giving out treats to classmates and friends, consider giving out non-food treats or candies that are free from the top 9 allergens, such as hard candies and lollipops free from mild, eggs, peanuts, tree nuts, soy, wheat, fish, shellfish and sesame.
4. Check the label. Valentine's Day is a great opportunity to teach adults and kids in the class about food labels and how to read them. Reemphasize to children that sweets shouldn't be eaten unless a trusted adult has read the label and said it's ok.
5. Hand out Valentines to classmates. Valentine exchanges are a great way to show classmates and friends you care about them with a fun card.

If bringing in food treats please make sure ingredient labels are clearly visible to read. We appreciate your support and understanding to make sure that all students come to a safe school environment. Through the successes of past years, it has become evident that children take pride in knowing they are helping maintain the safety of one of their friends.

Happy Valentine's Day,
The Nurse's Office