

Food Allergy School Scenarios

A classmate brings in a special homemade treat for the class. They say that it's peanut/allergen-free.

Should you:

- A) Have one!
- B) Say "No thank you" and don't have any treat
- C) Ask the teacher for one of your special allergen-free treats from home

You just finished lunch and are sitting in the circle during storytime. Your tongue starts feeling itchy and your lips feel funny.

Should you:

- A) Tell the teacher right away even though it will interrupt the story
- B) Wait until the story is done and then tell the teacher
- C) Ask to go to the bathroom so you can look in the mirror at your tongue

Outside at recess, a new friend offers you some of your favourite Halloween candy.

Should you:

- A) Check for the allergen/peanut-free sign and read the ingredients to see if it's safe and then eat it
- B) Have just a small bite so you don't upset them
- C) Say "No thanks, I'm allergic" to your friend

You are eating lunch and you notice a classmate nearby eating a granola bar with your allergen in it.

Should you:

- A) Tell the classmate that it has your allergens
- B) Stay quiet - you don't want to be a tattle-tale and it's not that big a deal
- C) Quietly ask the lunchroom supervisor for advice

You open your backpack at lunchtime and realize you have forgotten your lunch and have nothing to eat today.

Should you:

- A) Accept a substitute lunch from the lunchtime monitor
- B) Share a lunch with a friend who knows about your allergies
- C) Ask your teacher/supervisor to call home for some safe food