



Food Allergy Guide for Kids, Families & Schools

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What Is a Food Allergy?

A food allergy is an immune reaction triggered by certain foods. Even a small amount can cause mild or severe symptoms. Children with food allergies must strictly avoid their allergens and follow a clear emergency plan.

Common Food Allergens

- **Milk:** cheese, yogurt, ice cream
- **Egg:** mayonnaise, cakes, cookies
- **Peanut:** peanut butter, snacks and chocolate
- **Tree Nuts:** almonds, cashews, pistachios
- **Wheat:** bread, pasta, crackers
- **Soy:** soy milk, tofu
- **Fish & Shellfish:** shrimp, crab, fish
- **Sesame:** tahini, hummus, sesame seeds

Safe Food Alternatives

- **Milk alternatives:** fortified dairy-free milk, dairy-free yogurt
- **Egg-free options:** fruit, oatmeal, egg-free baked goods
- **Peanut-free spreads:** sunflower-seed butter (if safe)
- **Nut-free snacks:** seeds or seed butter
- **Wheat-free choices:** gluten-free bread, rice, potatoes
- **Soy-free proteins:** legumes, vegetables, rice
- **Fish-free proteins:** chicken, turkey, beef
- **Sesame-free dips:** avocado dip, bean dip

School Safety Tips

- Always read ingredient labels.
- Do not share food between students.
- Clean hands and surfaces to prevent cross-contact.
- Keep emergency medication accessible.
- Follow the child's allergy action plan immediately if a reaction is suspected.

Safe School Snack Ideas

- **Fresh fruit:** apple, banana, grapes
- **Vegetables:** carrot, cucumber
- Popcorn or allergy-safe crackers
- Hummus or safe protein option
- Dairy-free yogurt

Key Reminder

Food allergy safety is a team effort between Family + Child + School + Healthcare Team.



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