

Tackling Food Allergies

Helpful Tips for You and Your Child:

These are the helpful tips continued from the KCAA Fall 2009 Newsletter feature article, *"Is it Really a Food Allergy?"*

Here are helpful tips for coping with a food allergy from Dr. Wald:

1. Make sure you firmly establish you have correctly diagnosed the food allergy.
2. Make sure you know the various food sources where your child is likely to encounter the food. For example, nuts show up in a lot of places, such as cookies, fudge, etc. Peanut butter can be used in some enchilada sauces to thicken the sauce. Join the *Food Allergy and Anaphylaxis Network* to get recipes as well as notices of food contamination (their website is www.foodallergy.org).
3. Make sure you have a food allergy action plan.
4. If your child has peanut allergies, encourage your school to have a peanut-free, lunch or snack table and to avoid food sharing.
5. Have plans for school parties where snacks are provided by other parents.
6. Make sure Epi-Pens are easily accessible to parents, guardians, schools and that children know how to self administer it if there is an anaphylactic reaction, if age appropriate.
7. Make sure you communicate with anyone involved in caring for your child, especially those who do not care for your child on a regular basis and who need to be reminded. Be sure to include baby-sitters, day care, schools, after-school activities and religious school classes and grandparents.
8. Get educated, talk with your physician and visit helpful websites.

Helpful websites:
(Links also at: www.kcallergy.com)

www.foodallergy.org

www.aaaai.org

www.acaai.org

www.aafakc.org

KCAA main appointment line:
913-491-5501



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