



AllergyKids.com™

Universal Food Allergy Awareness

Dear Principal:

I want to alert you that a student in your school by the name of _____
in the classroom of _____ has a severe food allergy.

Food allergies can be fatal, and there is no cure for them.

My child, _____, is allergic to the following foods:

_____	_____
_____	_____
_____	_____
_____	_____

Food allergy symptoms can range from mild to life threatening and may include:

- Hives
- Itching
- Swelling of the face, lips, tongue and/or eyes
- Diarrhea
- Vomiting
- Cramps
- Stomach aches
- Itching and tightness of throat
- Difficulty breathing and heat sensation – similar to an asthma attack
- Wheezing
- In extreme cases, anaphylactic shock which can be fatal

My child with food allergies must be extremely vigilant when it comes to:

- Snacks in the classroom
- Art projects in the classroom that involve food products
- Birthday parties in the classroom
- Holiday parties in the classroom
- Cleanliness in the classroom as it relates to table tops and other children

Should you have any questions or concerns, please do not hesitate to contact one of the following organizations for more information:

AllergyKids
www.allergykids.com
1.800.671.1525

The Food Allergy Initiative
www.foodallergyinitiative.org
212.681.1380

Thank you for your understanding.