Suggested Plan:

**Monday**

* Morning announcements: Discuss Food Allergies
* talk at lunch/ PPT slides on milk
* Ask me about stickers (Students are given labels that say “Ask me about ‘I’m Aware’
* Parent letter hard copy
* Food allergen detective mission: Find MILK When you read labels! Have mom or dad email a picture of you reading the label to: (a teacher who will put them in the powerpoint to show students)

**Tuesday 5/13**

* Morning announcements
* Talk at lunch / PPT slides on egg
* Food allergen detective mission: Find EGGS When you read labels! Have mom or dad email a picture of you reading the label to: (a teacher who will put them in the powerpoint to show students)

**Wednesday 5/14**

* Morning announcements
* Talk at lunch/ PPT on nuts
* Food allergen detective mission:
* Michael Pistiner (Pediatric Allergist) presentation 2:15
* Food allergen detective mission: Find PEANUTS When you read labels! Have mom or dad email a picture of you reading the label to: (a teacher who will put them in the powerpoint to show students)
* Reminder notice about PURPLE PEANUT FREE DAY (arranged with cafeteria staff) and no PB at Thursday’s lunch

**Thursday 5/15**

* PURPLE PEANUT FREE DAY!
* Talk at lunch/ show pics that kids have sent in
* Tell students that tomorrow they should be ready to discuss what reading labels was like, what they learned, and how they can be a good friend to others with food allergies

**Friday 5/16**

* Talk at lunch/show pics that were sent in

**Food Allergy Awareness Week May 12-16, 2014**

Throughout the week we will be teaching the students about food allergies, allergens and reading food labels. We hope you can help them become food label sleuths and food allergen detectives and find the various allergens in the food they eat. If they find a food with the allergen, they can bring it to school or you can take a picture of your child and the food label. Working together we can help them say “**I’m Aware and I CARE**”!

**MONDAY I’m Aware… of food that may contain MILK**

Read food labels and look for these words:

milk, casein, lactose, whey, butter, cheese

**TUESDAY I’m Aware… of foods that may contain EGG**

Read food labels and look for these words:

 egg, egg white, egg yolk, albumin, mayonnaise

**WEDNESDAY I’m Aware… of foods that may contain NUTS**

Read food labels and look for these words:

peanuts, tree nuts, almond, walnuts, pecan, pistachio, brazil nut, cashew, macadamia nut

**THURSDAY PURPLE PEANUT FREE DAY**

Wear something purple and pack a snack and a lunch that are nut free.

Peanut butter will **NOT** be a choice at lunch today – the choices will be turkey and cheese roll up, cheese sandwich or bagel

**FRIDAY**

  **I’m Aware** and I CARE 

Thank you for helping us increase awareness about food allergies and show compassion for our friends with food allergies.



**Food Allergy Awareness Week**



**I’m a food allergen detective!**

**Read the label and look for these words:**

**MILK EGG PEANUT**

**CASEIN EGG WHITE PEANUT OIL**

**LACTOSE ALBUMEN MIXED NUTS**

**CHEESE MAYONNAISE PEANUT BUTTER**

**WHEY EGG YOLK GROUND NUTS**

**BUTTER**



**Food Allergy Awareness Week May 12-16, 2014**





 **I’m a food allergen detective!**



NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I found:

**I’m a MILK allergen detective!**

**Look for food labels with these:**



If I had a milk allergy, **I’m aware** that I could not eat:

