



creating a safe SCHOOL & HOME ENVIRONMENT

Having an allergy or intolerance shouldn't interfere with you or your child's everyday life. Follow these strategies when shopping, stocking your pantry and preparing food to help avoid cross-contamination and create a safe, worry-free space for your child to enjoy life free from allergens.

Use these tips to form a partnership with your child's school and ensure they receive the support they need and can attend school safely and fearlessly.

The ideas shared here are foundational examples meant to guide you and your family as you navigate life with a food allergy or intolerance. Each person's condition is unique, so we encourage you to discuss these situations with your healthcare provider for additional direction.



KEEPING SAFE AT SCHOOL

BEFORE SCHOOL

- Make sure your child's support network (teachers, school nurses, foodservice staff and bus drivers) are aware of your child's allergy/intolerance and provide your contact information.
- Inquire about the school's food allergy and intolerance management policies, emergency plans and staff training.
- Reach out to the PTO/PTA to find out what support systems or programming is in place for children with allergies or intolerances.
- Complete all necessary forms, such as medication authorization, emergency action plan and special dietary meals accommodation.
- Ensure your child's emergency plan is on file and epinephrine injectors and other medications are labeled with your child's name and will not expire during the school year.
- Teach your child helpful skills avoiding questionable or unsafe foods, washing hands and recognizing symptoms of allergic reactions.

IN THE CLASSROOM

- Work with your child's teachers to help avoid allergen exposure. Train them on reading ingredient lists to identify problem foods and share the [Enjoy Life Foods Survival Guide](#).
- Provide a supply of safe shelf-stable snack foods, like [Enjoy Life Foods Chewy Bars](#), [Cookies](#) or [Seed & Fruit Mixes](#), to use during celebrations or unexpected food events.
- Discuss the importance of handwashing and cleaning surfaces before and after food is handled. Provide hand wipes to ensure they are always on hand.



CHEWY BARS

- ✓ FREE FROM 14 ALLERGENS
- ✓ ALL-NATURAL INGREDIENTS
- ✓ GLUTEN FREE FLOUR BLEND
- ✓ REAL INCLUSIONS

ALWAYS HAVE AN EMERGENCY PLAN IN PLACE

Even with the best planning, contact with an allergen can happen. Keep an emergency kit on hand and educate the family on the proper procedure to follow if your child has a reaction.



KEEPING SAFE AT SCHOOL

IN THE CAFETERIA

- Meet with the foodservice director to learn about the school's cafeteria policies and practices for students with food allergies, such as allergy friendly seating areas, staff training and practices to avoid cross-contamination.
- If your child is eating from the cafeteria, review the menu with them to determine safe options.
- If you prefer to pack your child's lunch, add fun elements (**Enjoy Life Foods Mini Cookies**, write a special note, share a non-food surprise, like stickers) to help them remember they can enjoy food — and life — despite their allergy/intolerance.

ON FIELD TRIPS

- Address risks or concerns in advance and ensure a plan is in place to help avoid allergen exposure.
- Make sure a copy of your child's emergency care plan and medications will be taken on the trip.
- If you cannot attend the field trip, contact the teacher to ensure all staff and chaperones are aware of your child's condition and emergency plan and have your contact information.
- Pack your child's lunch and take advantage of portable snacks such as **Enjoy Life Foods**.



MINI COOKIES

- ✓ FREE FROM 14 ALLERGENS
- ✓ ALL-NATURAL INGREDIENTS
- ✓ CRUNCHY & SOFT VARIETIES
- ✓ VEGAN*

Exception: Crunchy Vanilla Honey Graham.



KEEPING THE HOUSE SAFE

AT THE SUPERMARKET

- Check ingredient lists every time you shop, since manufacturers can change ingredients at any time.
- Use the [Enjoy Life Foods Survival Guide](#) to help make safe selections.
- Keep allergen/gluten-containing foods separate from safe foods, both in your cart and vehicle.
- Avoid purchasing foods that are at high risk for cross-contamination, including those in bulk bins, deli counters and salad bars or buffets and pre-made sandwiches or wraps.

IN THE KITCHEN

- Keep safe and unsafe food separate by assigning specific shelves in the pantry, refrigerator and freezer for each. Store unsafe foods on shelves below safe foods to prevent cross-contamination.
- Make safe foods easy to spot by marking packages with stickers that are your child's favorite color. Help your child identify the [Enjoy Life Foods](#) red badge and teal packaging so they know these products can be eaten freely.
- Choose squeeze bottle condiments to avoid cross-contamination through double-dipping.

WHEN PREPARING FOOD

- Wash your hands with warm soapy water before cooking and immediately after touching an allergen or gluten-containing food.
- Clean all counters, equipment and utensils before and after preparing food by using hot, soapy water or running through the dishwasher.
- Prepare and cook allergen/gluten free dishes before making dishes containing unsafe ingredients.
- Do not use the same utensils when preparing safe/unsafe foods.
- Use non-porous utensils and cutting surfaces (avoid wooden spoons or cutting boards in favor of glass or stainless-steel options).
- Consider having two sets of small appliances and tools, such as toasters and cutting boards. If this isn't an option, create barriers, such as using toaster bags.
- Regularly involve your child in food preparation so they can learn appropriate safety skills.