

Healthy Children

April 2019 Parent Newsletter



Articles

Avoiding Common Allergies

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Sending your child to school can bring new parenting challenges. One of these can be food – especially if your child has an allergy.

There are 3.4% of Canadians who have an allergy to food. According to Health Canada, the number of children with allergies is closer to six percent. Most food allergies come from these ten products:

- Peanuts
- Dairy
- Wheat
- Soy
- Mustard
- Tree nuts
- Eggs
- Sesame
- Sulfites
- Fish and shellfish

People can have allergies to just about anything, including chocolate! A school can be a tough challenge for a child with allergies. Some suggestions to help along the way include:

- Make sure the administration is aware and knows if your child needs an auto injector
- Have your child wear a medic alert bracelet
- Find out what the school policy is on common allergens for lunches, snacks and special events

As your child gets older they can start to read food labels to check for allergens. Encourage them to ask about ingredients and cooking methods, because the allergen may not be in the food, but used as a part of cooking.

➤ **For more information about food safety, visit**
<https://www.canada.ca/en/health-canada/services/seasonal-food-safety/safe-school-lunches.html>

Did you know that you can subscribe to the federal government's list of food recalls to keep informed about foods recalled based on undeclared ingredients at: <http://www.healthycanadians.gc.ca/recall-alert-rappel-avis/index-eng.php>

