

## I am a child with food allergies ...

### I want to tell you ...

- That my food allergies are a serious medical condition, not a choice.
- That, just like me, 1 in 13 kids has food allergies.
- That I look “normal” because, if I’m not exposed to food allergens, I’m in good health.
- If I accidentally eat a food allergen, I could end up rushed to hospital with anaphylaxis. I could even die.
- I want to play with your kid. I want to be included.

Name: \_\_\_\_\_

### Here’s what I’m not ...

- I am not a picky eater (exception: liver!).
- I am not “weak”. My immune system just mistakes some foods for enemies.
- I am not trying to inconvenience you, I just want to feel safe.

### I want you to know ...

- When you take care not to expose me to allergens, you make my day!
- I don’t enjoy food allergies. I sure wish there was a cure.
- I just want to learn and live and have fun. Just like your kid.

Please support food allergy awareness and research! –*Allergic Living’s* editors.

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