



You *know* you're a food allergy mom when ...

- You check ingredient labels like a pro. Then re-check.
- You can explain food allergy basics in 35 words or less.
- 2 days' worth of safe foods reside in your purse.
- You do cry over spilled milk.
- Your freezer is stuffed with safe cupcakes.
- You pack a suitcase of safe foods & a carry-on of clothes.
- Asked: "What can I do for you?" You tear up.
- You ignore eyerollers, your child will be safe.
- Helicopter parent? You love the sound of whirring.
- "A little can't hurt" brings out your mama bear.