You Can S.A.V.E. The Day!

Food allergies are very serious, and 1 in 13 kids in the U.S. has one. Here are some easy ways that you can be a great friend to kids with food allergies!

Support other kids! Never share food with friends with food allergies.

Ask an adult for help if a friend feels sick.

Vow to wash your hands after you eat.

Earn the title “Food Allergy Action Hero” by learning all you can about food allergies!

Learn more at www.foodallergy.org