

Food Allergies and School Functions: How to Keep it Safe



With food allergies on the rise there is growing concern on ways to keep children safe at school. Risk to children with allergies increases when outside food is brought into a school. This makes traditional celebrations such as birthday parties and school events a bit tricky.

One option is to replace traditional celebrations with non-food based activities, such as a movie or guest speaker.

Another option is to replace traditional baked goods with fruit and vegetable spreads. Not only does this help eliminate the risk of the 8 most common food allergens (peanuts, tree nuts, milk, egg, soy, wheat, fish, and shellfish) from posing a threat to an allergic child, but it can also be a great way to encourage healthy eating habits.

Snack Ideas for School Functions

- Fruit Salad
- Fruit Punch (made with 100% fruit juice and seltzer water)
- Baked Apples or Pears (add a little cinnamon and sugar, leave out the butter or caramel to keep it dairy-free)
- Vegetable Platter (if providing a dip, keep it separate and be sure to have the ingredient label handy)
- Frozen Red Grapes (this one's a sweet, cold treat for older kids, but not for young ones since it could create a choking hazard)
- Baggies of Dried Fruit
- Cups of Berries
- Individually Packaged, Pre-Sliced Apples
- Baked Sweet Potato Chips (use a little olive oil instead of butter to keep it dairy-free)