

Food Allergies & Planning Classroom Events

It is important to consider **Food Allergies** when planning your classroom events and celebrations. One of our primary goals as parents is to protect our children; therefore, we must take in to account what foods are of concern to avoid putting any children at risk of a serious allergic reaction.

Here are a few simple steps that will assist you in your planning process and ensure your party is **safe** for everyone to enjoy:

- 1. Confirm with your classroom teacher what Food Allergies are present in your class. You will then be able to make sure those foods are not a part of your celebration.**
- 2. Always give your teacher sufficient notice before bringing food into the classroom. Providing notice gives the teacher time to reach out to those parents who have a child with a Food Allergy. Their parents can then plan ahead and send a safe treat in for their child to enjoy along with their class when necessary. Avoid impromptu parties, as not all parents can send something in at a moment's notice.**
- 3. Avoid bringing in home baked goods. Parents and teachers need to make informed decisions. Prepackaged treats where ingredients are clearly labeled is the best route.**

We all volunteer with the purpose of being a part of our children's school experience. They grow up so fast and it is important to enjoy as many of their childhood moments as possible. We all share the same frame of mind when we want to see our children at their happiest and it is even more rewarding when you get to play a pivotal role in making that happen. Anytime we spend planning for a classroom event, we are doing it for the class. Every child deserves to take part in their classroom festivities. If we work together we can make sure no child is put at risk, no child is excluded, and every child is thought of.