

For Schools: Raising FPIES Awareness



Raising Awareness with Teachers and Staff:

- ☐ **During a staff training day**, a presentation about FPIES could be given by a parent or another teacher who has experience with FPIES
- ☐ **Educate about cross-contamination** & exposures from food residue
 - ☆ **Use the glitter analogy to learn about cross-contamination** www.multiplefoodallergyhelp.com/food-allergy-science-fair-project/
 - ☆ **Use the oral exposure chart from www.allergyhome.org**-- it explains how exposures to crumbs or food residue can become an oral ingestion reaction in children. It also gives stats on how frequently children and adults touch their mouths, noses and eyes every hour.
- ☐ Ensure all staff and administration are **able to identify** what an FPIES reaction looks like and **know how to respond** during a reaction. An older child may feel comfortable explaining what they experience during a reaction as well.
- ☐ **Educate about how a feeding tube or elemental formula** can be part of a student's health plan. Invite appropriate medical professionals to educate staff as needed.
- ☐ **Brainstorm ideas** for food-free celebrations & class activities

Classroom Awareness: How Teachers Can Help:



- ☐ **Awareness Tools**
 - ☆ Read books about allergies and/or FPIES
 - ☆ Use awareness-themed art projects (i.e. poster making)
- ☐ **Use nutrition discussions** as a great way to launch into a discussion about allergies/FPIES.
 - ☆ Explain that kids can get nutrition in different ways
 - ☆ Explore alternative foods to the “standard” food pyramid/”my plate” foods (i.e. kids who can't eat animal proteins might get protein from plant sources). Talk about how a Dietitian can help.
 - ☆ For kids learning how to read nutrition labels, also talk about ingredient labels and how people with restricted diets can use label reading (symbols and ingredient lists) to eat safely
- ☐ **Kids love to help!** Teach them ways to help their friends with FPIES/food allergies to stay safe and to get help during reactions.
 - ☆ Use social stories, songs, plays or puppet shows to help young children understand and practice these concepts
 - ☆ Discussions about safety & reactions should be simple & concrete

FPIES Families + Building Awareness = An Inclusive School Community (families, PTO, Booster Clubs, etc.)

- ☐ **Advocate for school events to be food free**, or at minimum have food items designated to one specific area at each event. Provide the attached list of “Food Free Fun Events” to get the ideas rolling. Offer to chair the first food-free event to demonstrate to others how it is done.
- ☐ **Work with administration to promote awareness days/weeks** with school-wide activities. Be sure to plan ahead!
- ☐ **Ask to give a brief presentation** to the PTO or Booster Clubs about FPIES and the typical needs of students with FPIES. Provide print resources and encourage questions. Volunteers and staff could interact with affected children at school-wide events and necessary awareness is crucial.
- ☐ **Be present & make connections.** Volunteer at the school, attend field trips, help organize events with the PTO. The more active you are, the more other families & staff will learn about you and about your advocacy of FPIES. Make yourself accessible & available for any ongoing questions that may arise.

Food-Free Fun Events for Schools and Communities



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- ☆ Invite a guest dance teacher and hold a Dance Party night
 - ☆ Host a “workshop” day-- kids build simple projects at pre-set stations to take home
 - ☆ Storytelling Celebration: invite a local children's author or group of authors.
 - One story time station where children listen to someone read a story aloud,
 - A second station for writing stories (facilitated by a librarian, author or English teacher)
 - A third station for illustrating stories
 - A fourth station for children to tell their own stories or act them out
 - ☆ Bike Rodeo
 - ☆ Fun Run/ Fitness Challenge
 - ☆ Organize a Bingo for Books event
 - ☆ Host a “crafternoon”--- set up 3-5 craft stations in a gym or large multipurpose room and have kids rotate from station to station
 - ☆ Game Night (set up activities in stations in the gym)
 - ☆ Host a Story Walk
 - ☆ Museum Walk-- set up participating classrooms as “exhibits.” Students create theme-based exhibits in each classroom and the school “tours” through the rooms to view the exhibits.
 - ☆ Board Game Social Hour
 - ☆ Host a Drum Circle
 - ☆ Host an “Open Mic Night,” where kids can present poetry or original songs to the audience.

Do you need additional resources to help educate your school community about FPIES? Are you struggling with ideas for food-free celebrations and school-wide events? Do you want to share your school's success story about a fun food-free event? For all of these topics and more, reach out and connect with us today at contact@thefpiesfoundation.org. We are happy to help and offer support!