

Extend Your Learning Resources

Food Allergy Research & Education: This is a comprehensive site providing information about food allergies.

- This link hosts a variety of printable English and Spanish designed for use in schools, community facilities, or restaurants:
<https://www.foodallergy.org/education-awareness/community-resources/free-downloadable-posters>
- This is a link to the FARE webinar PDF on managing food allergies in an early learning program. It includes links to resources for reading food labels, talking to children about food allergies, and how ADA guidelines may apply:
<https://www.foodallergy.org/sites/default/files/migrated-files/file/preschool-webinar-slides.pdf>
- This link provides resources for teaching young children how to “Be a PAL (Protect a Life)” to children with food allergies- that is how to keep friends safe. Printable materials are available in English and Spanish:
<https://www.foodallergy.org/education-awareness/be-a-pal>

Kids with Food Allergies: A portion of this site is dedicated to keeping children safe at school. Many of the resources, including curriculum and tip sheets, can be adapted for preschool age children: <https://www.kidswithfoodallergies.org/page/planning-for-school.aspx>

U.S. Food & Drug Administration- How to Understand and Use the Nutrition Facts Label: This site gives visual examples for reading ingredients on nutrition fact labels. This site can also be translated into Spanish, Vietnamese, Russian, and many others: <https://www.fda.gov/food/labelingnutrition/ucm274593.htm>