

RESOURCES FOR CAREGIVERS OF A CHILD WITH FOOD ALLERGIES

Topic	Resource
Advocating for a diagnosis & Allergist referral: Find an allergist in your city	AAAAI
Find a Registered Dietitian specializing in food allergy	Academy of Nutrition and Dietetics – Find a Nutrition Expert
	FARE Trained Registered Dietitians
Breastfeeding infants with food allergies	Food Allergies and Breastfeeding - La Leche League International (lil.org)
allergen introduction & recipes	Prevent Food Allergies (preventallergies.org)
Dealing with food allergy anxiety	Mental Health and Living with Food Allergies Allergy & Asthma Network (allergyasthmanetwork.org)
Buying & affording allergy-free foods	What to Do If You Can't Afford Allergen-Free Foods (allergyasthmanetwork.org)
How to read a food label (download guide)	How to Read a Food Label - FoodAllergy.org
Back to school checklist and resources	Back-to-School Resource Hub - FoodAllergy.org
Ideas for non-food treats and rewards	Tips-ideas-nonfood-treat-ideas.pdf
Tips & information on how to handle social events, travel, field trips and living with food allergies	Living with Food Allergies Allergy & Asthma Network (allergyasthmanetwork.org)
Recognizing and responding to anaphylaxis: Great resource for your child's teachers to review before school start	Recognizing & Responding to Anaphylaxis - FoodAllergy.org
Optional: Voluntary guidelines for managing food allergies (If you see the need for school administration to consider changing their guidelines)	Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs (cdc.gov)