



Allergy Alert!

Allergies can be life threatening.

Even if your own child does not have an allergy, take time to teach your child some simple rules for when they are at school. This will help keep all children safe!

Simple rules to teach your child for school:

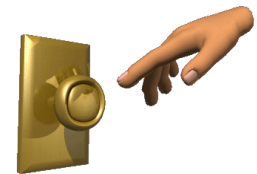
Eating:

- Don't share food. Only eat the food that is made for you!
- Don't share things that can have any food or drinks on or in them such as utensils, cups, bottles or straws.



Touching:

- Wash your hands before eating or after touching your nose, eyes or mouth.
- Make sure you wash your hands long enough; sing a song that lasts about 30 seconds.



A quick snack idea that even your child can make for school:

Banana Tortilla Spirals

1 whole wheat tortilla
2 tbsp soy nut butter
raisins
1 banana, peeled

- Spread the soy nut butter on the tortilla.
- Sprinkle raisins over the nut butter.
- Place the banana on one edge of the tortilla.
- Roll up the banana tucking in the ends.
- Saran wrap and refrigerate for 30 minutes before slicing into bite size pieces. Yum!



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