

## ***Morning Announcements-Middle & High School***

**Monday:** May 12th-18th is Food Allergy Awareness Week. Each day this week, we will be sharing information and facts about food allergies. Did you know that people can be allergic to anything? In fact, the top 8 allergens in the United States are: milk, egg, fish, shellfish, soy, wheat, peanuts, and tree nuts.

**Tuesday:** Did you know that food allergies can be life-threatening and that even a trace amount of an allergen can cause a reaction? That is why it is important to wash your hands after you eat, and to never share food.

**Wednesday:** If someone with a food allergy doesn't feel well. It is important to tell an adult immediately. You could save a life!

**Thursday:** If you have a friend with a food allergy, you can help. Help your friend avoid the foods they are allergic to. Encourage your friend to ***always*** have his medication with him.

**Friday:** People with food allergies are just like you. They want to be included in the fun. You have the power to make a difference. Be sure to include your classmates with food allergies in school, and out of school. It's up to you!

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[www.FoodAllergyEdNetwork.org](http://www.FoodAllergyEdNetwork.org)

